



**American
Red Cross**
Greater Houston

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News Release

NEWS RELEASE

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LEARN TO SAVE A LIFE...ONLINE AT WWW.HOUSTONREDCROSS.ORG *Online CPR courses offer flexibility and save time*

Houston, Texas – The Greater Houston Area Chapter of the American Red Cross is now offering several of its CPR classes online, including a professional rescuer course. This will save people time and offer more flexibility in getting trained. Traditional CPR classes are made up of two components, a classroom or lecture part and hands-on training. People are now able to complete the classroom part of the CPR course online...at home, the office or on an airplane. The hands-on training, to practice compressions, must be done within 30 days of completing the online curriculum. To complete the course and become certified, the hands-on sessions are offered at local Red Cross offices in our 16-county area.

Most traditional CPR classes take about six to seven hours to complete. Doing the classroom part online will take one to two hours 1-2 hours and the hands-on session will take 1-3 hours, depending on the course and speed with which the participants learn the hands-on skills.

“My hope is that more people will get trained and more lives will be saved. This should also be helpful to employers because it no longer requires an entire work day to get trained. Employees can complete the classroom part during a long lunch hour at their desk and complete the hands-on skill set at a later date at one of our Red Cross local offices,” said Chris Crease, Managing Director for Health and Safety Services for the Greater Houston Chapter.

Crease says this will be especially helpful to school districts, which have large numbers of employees who are required to be CPR certified.

The courses being offered online are:

- CPR – Adult/Child/Infant
- CPR – Adult
- Standard First Aid w/ CPR – Adult/Child/Infant
- Standard First Aid w/CPR – Adult
- Standard First Aid w/CPR/AED – Adult
- Standard First Aid w/CPR/AED – Adult, Child plus Infant
- CPR/AED – Adult
- CPR/AED for Professional Rescuer
- Pandemic Preparedness (can be done entirely on line)

For people who prefer a traditional class with an instructor, we still offer many classes throughout our 16-county area. For all Red Cross classes, sign up at www.houstonredcross.org. or call 1-866-526-8300.

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