

# Central Jackson County Fire Protection District

## 2023

# Community Training Opportunities



### CPR and 1st Aid

The Heartsaver courses are intended for anyone with little or no medical training who needs a course completion card for their job regulatory, or other requirements. These courses can also be taken by anyone who wants to be prepared for an emergency in any setting. Cost : Heartsaver/CPR Only \$40 to add 1st Aid \$65, 2 year certificate card given

July 8th      Oct 14th      August 12      Nov 11th      Sept 9th      Dec 9th  
9:00 AM to 1:00pm



## Hands-Only CPR



Hands-Only CPR has been shown to be as effective as conventional CPR for cardiac arrest

**Great 1 hours class for Families, Church Groups and Neighborhood Associations.**

Sept 12th 5:30pm      Oct 10th 5:30 pm      Nov 14th 5:30 pm



## Safesitter Courses

Is your child ready to stay home alone, watch younger brothers and sisters while you're away from the house, or babysit for younger children? Then maybe it's time for Safe Sitter®. Safe Sitter® is for boys and girls in grades 6-8 who are ready to learn the skills they need to care for themselves and younger children.

Safe Sitter® teaches young teens how to practice important safety skills, how to handle emergencies, and how to treat illnesses and injuries. Some classes even teach CPR. In addition, students learn important business skills, such as how to screen jobs, set a wage, and work with

July 15th

Aug 13th (Elk's Lodge-Blue Springs)

Sept 23rd

Contact us at [classreg@cjcfpd.org](mailto:classreg@cjcfpd.org) or 816-229-9118 during business hrs

Courses located @

CJCFPD Training Center 4715 S US 40 Hwy, Blue Springs, MO 64015