



Southern Tier Chapter

American Red Cross
Southern Tier Chapter
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FOR IMMEDIATE RELEASE

P.S.A. (see below)

Red Cross now offering CPR and AED classes online

(Southern Tier, NY October 27, 2008) On October 7, 2006, while on vacation with his son, Gerald R. Williams, Sr. collapsed in a grocery store. Thankfully, an American Red Cross Lifeguard Instructor named Amanda Henson happened to be in the store that day. Amanda immediately rushed to Gerald's side to check the situation, but found no signs of life. She began chest compressions while his son preformed rescue breaths. A few minutes later, Gerald began to show signs of life. Amanda placed him in the recovery position until emergency responders arrived and took over. Without a doubt, the skills Amanda learned in the American Red Cross Health and Safety Services course helped her save Gerald's life.

Have you thought about taking a CPR class but never felt you had the time? The Southern Tier Chapter of the American Red Cross is now proud to offer online CPR & AED classes in addition to our regular course schedule.

Participants can sign up online for classes, read and process the course materials right at home, and come in for a skill session with one of our certified instructors. We know your time is valuable, and that's what makes the online courses so user friendly! Instead of coming to one of our offices and spending four, eight or even *twelve hours* of your time in a group class, you can choose when and where to learn individually, and schedule a 2-hour skill session leaving your weekends and evenings free!

CPR & AED (Automated External Defibrillator) classes for adults, children and infants may be taken alone or in combination with Basic First Aid, Universal Precautions (Blood Borne Pathogens), or choose from a variety of combinations to best suit your needs. If you would like to sign up for an online class, or find more information about the classes we offer, please visit the Southern Tier Chapter homepage at www.southerntierredcross.org or call the Health & Safety Services office at 607-785-7207. To sign up for online classes, click the "**Red Cross Online Training**" icon at our homepage, located in the upper right-hand corner.

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About the American Red Cross Southern Tier Chapter: The Southern Tier Chapter of the American Red Cross celebrates its 101st year of providing relief to victims of disasters, teaching

lifesaving skills, and supporting military members and families. The Southern Tier Red Cross, a charity and not a government agency, depends on voluntary contributions of time and money to perform its humanitarian mission in Broome, Chenango, Delaware, Otsego and Tioga counties. For more information about the Red Cross call 607-785-7207.

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Have you always wanted to take a CPR class, but never had the time? The Southern Tier Chapter of the American Red Cross is now proud to offer Online CPR training. Participants sign up online and take the course right at home. We know your time is valuable, so instead of spending four, or *even eight* hours in a group class, you choose when and where to learn, and schedule a 2-hour skill session leaving your weekends and evenings free! To sign up, go to southerntierredcross.org, or call for information at 785-7207. Empower yourself: be Red Cross ready, online!