

Choosing the Right Class

| If you are interested in... | Sign up for... | Certificate... |
|--|---|--|
| CPR for Adult victims | CPR Adult/AED | CPR, 1 year |
| First Aid & CPR for Adult, Child, and Infant victims | First Aid & Adult, Child CPR/AED plus infant CPR | CPR-Adult, Child, Infant, 1 year Standard First Aid, 3 years |
| CPR for Infant and Child victims | Child CPR/AED & Infant CPR | CPR, 1 year |
| CPR for the Professional Rescuer training for persons with a professional duty to respond and/or to meet OSHA and other requirements | CPR for the Professional Rescuer | CPR Professional Rescuer, 2 years/ 1yr for Lifeguards |
| First Aid | Standard First Aid | Standard First Aid, 3 years |
| Adult First Aid & CPR | First Aid & Adult CPR/AED | CPR-Adult, Child, Infant, 1 year Standard First Aid, 3 years |
| If you are interested in... | Sign up for... | Certificate... |
| California Child Care Providers; This course includes Preventative Health and Safety, Pediatric First Aid and CPR- Adult, Child and Infant. | California Child Care | Preventative Health & Safety, No validity period. Pediatric First Aid, 2 years Adult/Infant/Child CPR, 1 year |
| Foster Care or Adoption Requirements for pool/spa owners | Water Safety Today | Water Safety Today-No Validity Period |
| Become a Lifeguard (Age 15 years) | Lifeguard training | Lifeguard Training, 3 years & CPR for Professional Rescuers 1 year |
| Becoming a First Aid/CPR Instructor | Fundamentals of Instructor Training & Lay Responder Instructor Course | Fundamentals of Instructor Training: 1yr & Lay responder FA/CPR/AED 2 years |
| Becoming a Red Cross First Aid Instructor using a current American Heart Association Instructor certificate | CPR for the Professional Rescuer Instructor Challenge | CPR for the Professional Rescuer Instructor 2 years |
| Becoming an instructor of CPR for the Professional Rescuer using a current First Aid/CPR Instructor authorization | CPR for the Professional Rescuer Instructor Challenge | CPR for the Professional Rescuer Instructor 2 years |
| Teach Water Safety Course (Age 17 years) | Water Safety Instructor Courses | Water Safety Instructor 2 years |