

# Russell County American Red Cross Health & Safety Community Courses

## CPR/AED & First Aid Courses:

1. Adult CPR
2. Child CPR
3. Automated External Defibrillator Training  
(For Adult and Child)
4. Wilderness First Aid Basics
5. If Only They Came with Instructions  
(Infant/Child CPR, First Aid, Stress Management, Choosing Childcare)
6. Infant CPR
7. CPR for the Professional Rescuer
8. Sports Safety Training
9. First Aid for Children Today
10. Basic Aid Training
11. Oxygen Administration
12. Bloodborne Pathogens: Preventing Disease Transmission (OSHA)

## Aquatics:

1. Lifeguard Training
2. Guard-start
3. Parent & Child Aquatic Program (PACA)
4. Community Water Safety
5. Water Front Lifeguard
6. Water Park Lifeguard
7. Swim Lessons levels 1-6
8. Longfellow's Whales Tales
9. Basic Water Rescue

## Instructor Courses:

Water Safety Instructor  
First Aid/CPR/AED Instructor  
CPR for Professional Rescuer Instructor

Lifeguard Training Instructor  
Fundamentals of Instructor Training  
Instructor Trainer Training

## Community Courses:

Babysitter's Training  
Fire-E-Tale  
Nurse Assistant Training

Pet First Aid  
Family Caregiving  
Emergency Response

## Injury Control Modules:

Slips, Trips & Falls  
Back Injury Prevention  
Managing Stress

Ergonomics  
Workplace Violence Awareness  
Your Heart Matters/Act in Time

## HIV/AIDS Community Courses: (Our HIV/AIDS courses are free to the public)

HIV/AIDS Education and Prevention Sessions  
Act Smart  
Camp Itsamongus

\*Please inquire by phone (334) 298-3631 or email [amandar@bellsouth.net](mailto:amandar@bellsouth.net) if you have any questions regarding our community programs.