AFT Connecticut
Education | Healthcare | Public Services

PRESENTS TO OUR **MEMBERS**...

hsi | AMERICAN SAFETY & HEALTH INSTITUTE | MEDIC First Aid | EMS SAFETY

ADULT FIRST AID | CPR AED TRAINING

- ✓ HSI First Aid | CPR AED has been approved by the HSI Medical Advisory Board and reviewed by the HSI Advisory Council.
- ✓ Reflects the latest resuscitation science and treatment recommendations published by the International Liaison Committee on Resuscitation (ILCOR).
- ✓ Conforms with the 2020 American Heart Association (AHA) Guidelines Update for CPR and ECC and the annual Guidelines Update.

Course highlights

- Designed for individuals who are not healthcare providers or professional rescuers who desire, or are occupationally required, to be trained and certified in adult first aid and/or CPR AED for the adult, child, or infant.
- Scenario videos, full-color digital and printed materials, and clear, concise course content
- 2-year certification
- 4 - 6 hour class

Course topics include:

- CPR and Defibrillation
- Assessment & Chest Compressions
- Rescue Breathing & Using a CPR Mask
- Opioid-Associated Emergency
- Relief of Choking
- Responding to External and Internal Bleeding
- Direct Manual Pressure & Bandaging
- Using a Tourniquet (Improvised and Commercial)
- Shock
- Common Injuries
- Concussion
- Burns
- Poisoning
- Difficulty Breathing and Asthma
- Severe Allergic Reaction (Anaphylaxis)
- Heart Attack, Stroke and Seizure
- Diabetes and Hypoglycemia
- Heat and Cold Emergencies
- Bites and Stings



NO FEE FOR MEMBERS

24 seat max!

TWO DATES FOR JOINT IN-PERSON CLASSES:

FULL* & REFRESHER COURSE

NOV 17, 2026
TUESDAY

OR

NOV 18, 2026
WEDNESDAY

4:30PM-7:30PM

SNACKS PROVIDED, DRESS COMFORTABLY!

SOIFER Room
@ AFT CT in Rocky Hill

*Must complete both **online & in-person** training for certification.

***FULL Course**: Includes self-directed online lessons followed by an in-person, instructor-led session at AFT Connecticut. *Participants will be contacted after registration with the information on how to complete the online portion of training.*

REFRESHER Course: Participants are only required to do the in-person, instructor-led session at AFT Connecticut. Copy of current certification will need to be sent in and can be no more than 30 days expired (October 2026) prior to class (usually current card will be from the American Red Cross or the American Heart Association).

Due to the popularity of this course, and the limited spaces available, we ask that you scan here to be placed on a waitlist. The first 24 registrants per class will be contacted shortly via email from Anna Mowrey (amowrey@aftct.org) to confirm their spot. If we have any cancellations between now and the course date, we will contact the next person on the waitlist.

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