Written by Lynn Norwood
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The Watauga County Chapter of the American Red Cross will offer free CPR and first aid training on Saturday, March 19, as part of Gabrielle Giffords Honorary Save-a-Life Saturday. Red Cross chapters across the country will hold classes to honor Rep. Gabrielle Giffords and all those involved in the Tucson tragedy. Classes will be held at 331 Queen Street at 9 a.m., 11:00 a.m., and 1 pm. Training will last 45 minutes to one hour, and will include instruction in hands-only CPR, controlling external bleeding and managing shock. This is a non-certification class. To register for the training, please call 828-264-8226 or go to www.redcross.org

“The tragedy in Tucson is a reminder of how important it is for everyone to know first aid and CPR,” said Hugh Quinn, chapter executive director. “As this tragic event unfolded, several bystanders knew these vital skills, which helped save the lives of many victims, including Congresswoman Giffords. This inspired us to offer this training right here in our community.”

Although most emergencies are not as large as the one in Tucson, it is important for the public to be prepared for ones that can happen at home, the office or at school. Recent research shows that if more people learned hands-only CPR, we could increase the likelihood of surviving cardiac emergencies that occur outside a hospital by putting more victims within a few steps of lifesaving assistance.

The Red Cross is able to provide this free training through the generous support of Walgreens and Safeway.

Also on March 19, the Red Cross is premiering a special set of videos to teach CPR and first aid skills. Those unable to attend a Save-a-Life Saturday event can also visit www.redcross.org/savealife to see lifesaving skills being taught. The public can also contact their local Red Cross chapter to find out when full CPR and first aid classes are offered at other times.
About the American Red Cross:
The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies nearly half of the nation's blood; teaches lifesaving skills; provides international humanitarian aid; and supports military members and their families. The Red Cross is a charitable organization — not a government agency — and depends on volunteers and the generosity of the American public to perform its mission. For more information, please visit www.redcross.org or join our blog at http://blog.redcross.org.