CPR Class Schedule for South Bay Fire Department

Where: **Station 81, 3506 Shincke Rd NE, Olympia, WA 98506**
When: **2nd & 4th Wednesdays, 7 pm – 8 pm**

All Training is Compression Only

Dates:

- **January 8 & 15, 2020**
- **February 12 & 26, 2020**
- **March 11 & 25, 2020**
- **April 8 & 22, 2020**
- **May 13 & 27, 2020**
- **June 10 & 24, 2020**
- **July 8 & 22, 2020**
- **August 12 & 26, 2020**
- **September 9 & 23, 2020**
- **October 14 & 28, 2020**
- **November 11 & 25, 2020**
- **December 9 & 23, 2020**

Call Medic One at (360) 704-2790 to register for this free class or for further information.

Medic One provides compression only CPR with AED training held at Station 8-1. These 1 - 1.5 hour classes meet nationally recognized criteria for CPR training in the workplace. Classes are FREE to those who live or work in Thurston County. Compression-only CPR is CPR without mouth-to-mouth breaths. It is recommended for use on a teen or adult. American Heart Association (AHA) Heartsaver course is for anyone with limited or no medical training who needs a course completion card in CPR and AED use to meet job, regulatory, or other requirements.

(*Note*: Please call Medic One or visit their website at https://www.thurstoncountywa.gov/m1/Pages/cpr.aspx for information on CPR classes held at other locations. Medic One does not provide First Aid Training.)