

# CPR Class Schedule for South Bay Fire Department 2024

**Where:** North Olympia Station 8-3, 5046 Boston Harbor Road NE, Olympia, WA 98506  
**When:** 2<sup>nd</sup> Wednesdays 7 pm – 8 pm

## All Training is Compression Only

### Dates:

- January 10
- February 14
- March 13
- April 10
- May 8
- June 12
- July 10
- August 14
- September 11
- October 9
- November 13
- December 11



**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 8-3. These one to one and a half hour long 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.)