

CPR & FIRST AID

Sarah Bush Lincoln Health Care Center Options:

<https://www.sarahbush.org/ems/>

CPR

August 5, October 7, and December 2, 2025

5:30 pm- 9:30 pm

Location: SBLHC EMS, 104 Professional Plaza, Mattoon

Cardiopulmonary Resuscitation is a hands-on learning experience designed to introduce learning to the initial actions that should be taken in the event of a cardiac emergency. Participants will learn how to assess a victim of a cardiac arrest, how to access help, and how to begin providing life-saving interventions for those victims of sudden cardiac events.

\$50 Registration: 217-258-2403 or online <https://www.sarahbush.org/ems/cpr-registration/>

CPR/First Aid Combo

CPR starts 5:30 pm First Aid starts 6:45 pm

September 2, November 4, 2025

Location: SBLHC EMS, 104 Professional Plaza, Mattoon

CPR: Cardiopulmonary Resuscitation is a hands-on learning experience designed to introduce the earning to the initial actions that should be taken in the event of a cardiac emergency. Participants will learn how to assess a victim of a cardiac arrest, how to access help, and how to begin providing life-saving interventions for those victims of sudden cardiac events. **First Aid:** Properly applied first aid can save lives, reduce recovery time, and quite possibly mean the difference between temporary disability or lifelong disability for the victim. Participants learn to recognize the signs and symptoms of injuries and sudden illness. Crucial information about how to deal with emergencies like bleeding, shock, burns, strains, fractures, allergic reaction, diabetes, and seizures is shared.

\$100 Registration: 217-258-2403 or online <https://www.sarahbush.org/ems/cpr-registration/>

Online Course Option (with SBLHC)

American Heart Association course-<https://www.onlineaha.org/courses>

1. Complete the *Heartsaver Pediatric First Aid CPR AED* online
 - \$21.50 online fee
2. Contact SBLHS EMS office at 217-258-2403 to request a CPR/First-Aid Test Out
 - \$50 per certification (\$90 for First Aid & CPR)

YMCA OPTIONS

<https://mattoonymca.org/cpr-certification/>

First Aid/CPR/AED-Adult, Child, Infant

5:30-9:15 pm

August 4, September 11, and October 13, 2025

Location: Mattoon Area Family YMCA, 221 N 16th St, Mattoon

Cardiopulmonary Resuscitation is a hands-on learning experience designed to introduce learning to the initial actions that should be taken in the event of a cardiac emergency. Participants will learn how to assess a victim of a cardiac arrest, how to access help, and how to begin providing life-saving interventions for those victims of sudden cardiac events. **\$75 Registration: 217-234-9494**

Local Health Departments that might offer or know of other options	Clark County 217-382-4207 Coles County 217-348-0530 Cumberland County 217-849-3211 Edgar County 217-465-2212 Moultrie County 217-728-4114 Shelby County 217-774-9555	Rate varies
--	---	-------------

Must be from one of the following approved entities:

American Heart Association
American Safety & Health Institute (AHSI)
American Red Cross
American Trauma Event Management (ATEM)
Emergency Care and Safety Institute (ECSI)
Edward Atkinson/Emergency Response Health Network
Ellis & Associates, Inc.-Orlando, FL

EMS Safety Service
Know CPR
MEDIC FIRST AID
National Safety Council
Pacific Medical Training
Pro=Trainings, LLC
R.H. Sanders & Associates/Titan CPR Associates

Funds may be available to reimburse YOU and/or YOUR STAFF for CPR & First Aid taken July 2025-May 2026.

The FY26 application is available at

<https://www.eiu.edu/ccrr/training.php>

Don't forget to save receipts and training certificates/cards!