



South Louisiana Chapter
New Orleans

Safe Sitter® Class Includes CPR

The National Safety Council, South Louisiana Chapter, offers a 7 or 14-hour Safe Sitter® class for ages 10+. Class will include infant and child CPR, designed to give the students the knowledge and confidence to respond to an emergency situation with skills that could save a life. Participants will receive a Safe Sitter® Certificate and a National Safety Council Certification in Infant and Child CPR valid for 2 years.

Class topics include:

- How to Recognize an Emergency
- When to Give Care
- How to Call 911
- Choking Child and Infant
- Rescue Breathing Child and Infant
- CPR Child and Infant
- Unconscious Choking Child and Infant
- How to Have a Good Babysitting Business*
- Becoming a Successful Babysitter*
- How to Diaper a Baby
- How to Feed a Baby and Toddler
- How to be a Safe Babysitter
- Behavior Management*
- Preventing Problem Behavior
- First Aid Basics*
- Preventing Injuries*
- Injury Management

7-Hour Course

Time: 9 am – 4 pm or a convenient time for your group.

Cost: \$75 per person** (5 minimum, 10 maximum)

14-Hour Course

Time: 9 am – 4 pm on 2 consecutive dates or a convenient time for your group.

Cost: \$150 per person** (5 minimum, 10 maximum)

All Fees includes NSC CPR book, Babysitting Guide, CPR Certificate and Safe Sitter® Certificate

Where: At your school, church or community center.

Participants will need to bring a sack lunch and any snacks they might need.

Call 504-888-7618 today to schedule a class for your group.

*Indicates topics covered only in the 14-Hour Course

**Some restrictions apply. Advanced registration & payment required.

Classes held outside Greater New Orleans area will require additional travel expenses.

**Metropolitan Safety Council of the New Orleans Area Inc.
dba National Safety Council, South Louisiana Chapter**

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