



## ***CPR and First Aid Classes Available in Humboldt County***

Many CPR and First Aid classes are available throughout the year in Humboldt County. Be sure to call in advance as all courses require pre-registration.



### **American Red Cross**

406 11<sup>th</sup> Street, Eureka 95501  
Contact: Nancy, (707) 443-4521.

Offers many different classes: **Adult CPR; Community CPR and First Aid; Adult, Child & Infant CPR; Standard First Aid and Pediatric First Aid.** Classes range in price from \$25 to \$80, with some discounts available. One-year certificate. Re-certifications are available any day for a \$7 charge, and only before current card expires. Class schedule is listed at website:

[www.northcoast.com/~hcarc/](http://www.northcoast.com/~hcarc/)  
and click on **Health & Safety Classes.**

### **Arcata Fire Department**

631 9<sup>th</sup> Street, Arcata 95521  
Contact: Ed Trigeiro, Training Officer.  
Call (707) 825-2000.

**Basic CPR and First Aid, \$25. Health Care Provider CPR and First Aid, \$27.50.** The two classes are conducted on alternate months. Class will be cancelled if less than six register. Fulfills requirements for American Heart Association two-year certification.

### **Eureka Adult School**

674 Allard Avenue, Eureka 95501  
Call (707) 441-2448.

**Community CPR and First Aid, \$35.** Fulfills the requirements for the American Red Cross Community CPR/First Aid one-year certification. Check the online calendar at [www.adultedreg.com/eureka/](http://www.adultedreg.com/eureka/) and click on **Health and Safety.**

### **Eureka Fire Department**

533 C Street, Eureka 95501  
Contact: Jan Gillespie, (707) 441-4000.

**Adult and Pediatric Basic CPR, 4<sup>th</sup> Tuesday evening monthly, \$15. Adult CPR and Basic First Aid, 2<sup>nd</sup> Saturday every month, \$30.** Fulfills the requirements for Medic First Aid International two-year certification.

### **Humboldt State University Center Activities, Certification Courses**

Contact: 826-3357. Discounts for HSU students. Classes offered include: **CPR: Adult, Child & Infant, a 5 hour course, \$32 to \$37; American Red Cross Workplace Training: Standard First Aid, a 5 hour course with certification in Standard First Aid and Adult CPR, \$32 to \$37; First Aid, a 5 hour course with certification in First Aid, \$32 to \$37.**

### **Jerold Phelps Community Hospital**

733 Cedar Street, Garberville 95542  
Contact: Celeste, (707) 923-3921, ext. 222.

**Community CPR and First Aid classes** are available upon request. \$50 to \$60. Fulfills American Red Cross one-year certification..

### **American Heart Association training centers:**

#### **Northern California Safety Training Consortium**

Contact: Linda, (707) 839-7311. Separate classes of **Adult CPR, First Aid, Health Care Providers Refresher CPR, \$20 per class.** Two-year certificate.

#### **Mad River Community Hospital**

3800 Janes Road, Arcata 95521  
Contact: Marla at (707) 822-7220, ext. 4144.  
**CPR, \$25.** Classes are held on 2<sup>nd</sup> and 3<sup>rd</sup> Wednesdays every month. Two-year certificate.

This listing of CPR and First Aid classes in Humboldt County is provided by Caregiver Services, a program of the Area 1 Agency on Aging.