



METROPOLITAN SAFETY COUNCIL, INC.

Safe Sitter® Class Includes CPR

The Metropolitan Safety Council offers a 7 or 14-hour Safe Sitter® class for ages 10+. Class will include both the Safe Sitter® Certificate and the National Safety Council Child & Infant CPR & AED Certificate (valid for 2 years). Taken together, the course is designed to give the students the knowledge and confidence to respond to an emergency situation with skills that could save a life.

Class topics include:

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

*Indicates topics covered only in the 14-Hour Course

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 the MSC Metairie Office or 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.

**Some restrictions apply. Advanced registration & payment required.
Classes held outside MSC Metairie Office will require additional travel expenses.

Metropolitan Safety Council of the New Orleans Area Inc.

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