A public service announcement from the Health & Safety Institute.

Buyer Beware! Don't Be Fooled by Online-Only CPR or First Aid Certification Scams.

They're everywhere on the Internet: seemingly legitimate organizations offering "instant" CPR or first aid certification for busy people who are required to hold current certification. And it often says right on those websites that online-only CPR or first aid certification is "nationally accepted". **It is not.** No major nationally recognized training program in the United States endorses certification without practice and evaluation of hands-on skills.

"The only way these physical skills can be learned is by actually practicing them."

— Clarification of OSHA training requirements for basic first aid and cardiopulmonary resuscitation

"Substantial hands-on practice is needed to meet psychomotor skill performance objectives."

— 2010 American Heart Association® Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care

"No AHA course completion card is issued without hands-on manikin skills testing by either an AHA Instructor for that discipline or an AHA-approved computerized manikin in an AHA eLearning course."

— American Heart Association®, Program Administration Manual, 2013 pg. 49

What to Avoid When Shopping Online for Training

Common buzzwords and phrases to look for:

- Online CPR cards, download instantly
- Download your certification card right after finishing your course
- No hands-on skills required
- 100% online
- Immediate certificate or wallet card
- Have your card/be certified today
- Nationally validated, nationally recognized = *there is no nationally accrediting or governing body for emergency care training*
- Full refund if not accepted

Some Reputable Producers and Providers of CPR Training

American Heart Association

American Red Cross

American Safety & Health Institute

MEDIC First Aid

National Safety Council

Blended Learning Is Not Online-Only Learning

Blended learning is a training delivery model that combines online course content with in-person, hands-on skills evaluation. Online-only training features no hands-on component.

Take Action!

File a Complaint with the Federal Trade Commission (FTC)

When consumers see or hear an advertisement, federal law says that ad must be truthful, not misleading, and, when appropriate, backed by scientific evidence. If you have a complaint, file it online at http://www.consumer.ftc.gov/media/video-0054-how-file-complaint or call **1-877-FTC-HELP**.

Cardiac Care & Safety, Inc.
215-886-9280 or Jim@cardiaccareinc.com
www.cardiaccareinc.com

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