

At Save and Aid we have courses scheduled for CPR and First Training on a regular basis. We also arrange training for individuals or corporations in Massachusetts and New England at a location convenient to them. Water Safety seminars, lifeguard in-service and other emergency response courses can be provided whether through the National Safety Council, the American Heart Association, or the Red Cross. Our audience includes 911 personnel, emergency response workers, lifeguards, family of those at high risk for heart attack, stroke, and choking, and anyone with an interest in learning BLS lifesaving techniques to save and aid in drowning situations or where an injury, shock, or sudden illness exists requiring first or CPR. For those already trained in CPR or First Aid, we hold regular recertification sessions.