

Certified Heartsaver® First Aid CPR AED Training in Palm Desert | Learn Lifesaving Emergency Response Skills

Becoming trained in life-saving skills is one of the most important decisions anyone can make. Emergencies can happen anywhere—at work, at home, in public places, or even when you are with friends or family. In those critical first few minutes, having the right skills and confidence to act can save a life. The Heartsaver® First Aid CPR AED program is a comprehensive educational course created by the American Heart Association and delivered through expert instructors at YourCPRMD.com Palm Desert Resuscitation Education LLC (PDRE). This powerful training experience teaches students how to recognize emergencies and take immediate action with CPR, AED use, and first aid techniques.



If you live or work in **Palm Desert 92211, 92255, 92260, 92261**, or surrounding Southern California cities including **Palm Springs 92262, 92263, 92264; West Palm Springs; Cathedral City 92234, 92235; Rancho Mirage 92270; Indian Wells; Indio 92201, 92202, 92203; Desert Hot Springs; Idyllwild-Pine Cove; Bermuda Dunes; La Quinta; Sun City; Thousand Palms**, this training course is conveniently located and accessible for individuals and business groups. The goal of this program is to provide practical knowledge that prepares participants to act immediately and effectively during critical emergency moments.

What Makes This Heartsaver® Course the Best Choice for Community Safety

Unlike basic online programs, this Heartsaver® class is 100% classroom-based, hands-on learning with real equipment such as CPR manikins and Automated External Defibrillators (AEDs). Students receive personalized instruction from experienced AHA-trained educators who guide skill demonstration, provide real-time feedback, and ensure complete readiness.

CPR & FIRST AID CLASSES

SAVE LIVES. LEARN HOW.

EMERGENCY TRAINING NEAR ME

CLASSES DAILY FIND A LOCATION

CLASSES DAILY LOCAL CLASSES. START TODAY!

This program is perfect for those searching for:

- [cpr first aid certification](#)
- **cpr and first aid classes near me**
- **first aid cpr training near me**
- [cpr and first aid training near me](#)
- [cpr and first aid certification near me](#)

Learning in a structured classroom environment builds confidence and ensures proper technique. Students practice repeatedly through the AHA's proven "practice-while-watching" teaching method, where instructional videos demonstrate correct methods while participants simultaneously practice with instructor supervision.

Comprehensive Training for Real Emergencies

The Heartsaver® First Aid CPR AED training includes everything needed to respond to emergencies confidently and correctly. Students learn how to assess situations quickly and deliver appropriate responses based on the condition or injury.

First Aid Training

Topics covered include:

- Managing bleeding emergencies and applying proper bandages
- Supporting victims with shock or breathing difficulties
- Handling major injuries like broken bones and sprains
- Treating burns, insect bites, and environmental reactions like allergic responses
- How to react to medical emergencies such as seizures, fainting, or heart attacks
- Recognizing signs of stroke, poisoning, or diabetic issues
- Techniques to prevent further injury while waiting for emergency personnel

First aid training gives students the ability to stabilize a person until EMS arrives. In many cases, intervention during the first few minutes can dramatically improve survival outcomes.



CPR Training

CPR training focuses on:

- High quality chest compressions
- Airway control and optimal breathing support
- Giving rescue breaths properly with and without a protective mask

- Performing effective CPR for adults, children*, and infants*
- Team-based CPR responses with multiple rescuers

Participants learn important life-saving concepts such as the “Chain of Survival” and when CPR should be immediately initiated.

AED Training

Using an AED correctly can dramatically increase the survival chances of someone experiencing sudden cardiac arrest. Students learn:

- Turning on the AED and following real-time voice prompts
- Proper pad placement for adults and children
- Safety considerations when operating an AED
- What to do after delivering a shock

AEDs are simple to operate, but hands-on practice builds familiarity and confidence so students are capable during real emergencies.



Choking Response Training

Choking can block airflow completely, and a victim may lose consciousness within minutes without help. Students learn:

- How to recognize choking versus mild airway obstruction

- Abdominal thrust techniques for adults and children
- Back-slap and chest thrust techniques for infants*
- How to assist choking victims who become unconscious

Skills are practiced on manikins designed for realistic simulation to ensure complete understanding.

Who Should Take the Heartsaver First Aid CPR AED Course?

This training is designed for everyday individuals who want to learn emergency response skills—not only medical professionals. This course is ideal for:

- Corporate employees, managers, and workplace safety teams
- Teachers, school staff, and childcare providers
- Athletic coaches and gym trainers
- Security professionals and public safety personnel
- Parents, caregivers, and babysitters
- Construction, warehouse, and manufacturing workers
- Community members who simply want to be prepared

Many employers require this certification to meet OSHA and workplace safety regulations. The course completion card issued after training is recognized across the United States.



Course Format and Time Requirements

The course takes approximately 5–8 hours depending on class size and optional modules. The structure includes:

- Instructor-guided demonstrations
- Video-based learning
- Hands-on practice stations
- Skills testing and optional written test

Class sizes are intentionally limited to ensure quality practice time and instructor feedback, using a ratio of 1 instructor per 6 students with 2 manikins.

Certification and Validity

Upon course completion, students receive:

- Official American Heart Association Heartsaver First Aid CPR AED certification
- Valid for two years
- Accepted by workplaces, schools, and regulatory agencies nationwide

There is also a special certification card available for K-12 educators and school systems.

Course Material & Resources

All students receive the Heartsaver First Aid CPR AED Student Workbook, including:

- Full-color printed materials
- Emergency quick reference cards
- Adult, child, and infant CPR AED reminder cards
- Clear step-by-step illustrations for emergency situations

Training Fees and Enrollment

Course pricing options include:

- Heartsaver® Training with Provider Manual: **\$120**
- Heartsaver® Training without Manual: **\$110**

Students renewing an expired card may qualify for discounted pricing. Enrollment slots fill quickly due to limited class seating, so early registration is recommended. Group and corporate rates are available.

For More Details : <https://www.yourcprmd.com/heartsaver-first-aid-cpr-aed>

Why Learning First Aid and CPR Matters

Every year, thousands of medical emergencies take place outside of hospitals. With immediate CPR, a person suffering sudden cardiac arrest can have their survival rate doubled or tripled. Most incidents take place in private homes or workplaces—meaning the victim is often a loved one or coworker.

With training, you are not helpless. You become someone who can take action, protect others, and potentially save a life.

Imagine being the person who made the difference between life and death. That is the power of learning these skills.

Local Training for Local Communities

Residents of **Palm Desert 92211, 92255, 92260, 92261** and the surrounding regions such as **Palm Springs 92262, West Palm Springs, Cathedral City 92234, Rancho Mirage 92270, Indio 92201, Desert Hot Springs, Bermuda Dunes, La Quinta, Indian Wells, Idyllwild-Pine Cove, Thousand Palms, Sun City** have access to this high-quality training without needing to travel far.

If you searched online for [cpr and first aid classes near me](#), **cpr and first aid certification near me**, or [first aid cpr training near me](#), this course provides exactly what you need within your local community.

Take Action Today — Be Prepared to Save a Life

Emergencies do not wait. They can happen at any time. Being trained allows you to be ready to respond instantly and confidently.

Enroll today and become a certified Heartsaver® First Aid CPR AED provider. Build the skills to protect the people around you—at home, at work, or anywhere life takes you.

Protect Lives. Be the Difference. Start Training Today.

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