



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GET READY. STAY READY

Emergency Tip of the Month

The most common licensing violation is not having your CPR and First Aid certification updated.

According to www.kidshealth.org, CPR might be necessary in many different emergencies like:

- near-drowning
- suffocation
- poisoning
- smoke inhalation
- electrocution injuries
- suspected sudden infant death syndrome (SIDS).

Visit our Childcare Activity and Training Service Calendar, also known as CATS calendar, online at www.crs.ymca.org/calendar.

The calendar lists CPR, First Aid and Preventive Health Practice trainings in San Diego County.

Be sure the training is **4 hours each** for CPR and First Aid and **7 hours** for Preventive Health. Trainings need to be approved by the Emergency Medical Services Authority.



Online classes are not compliant with Community Care Licensing.

FOR OTHER QUESTIONS ABOUT YOUR CHILD CARE PROGRAM,
CALL THE YMCA CHILDCARE RESOURCE SERVICE AT 1-800-481-2151.