



# CPR Training Online: Why it is Essential for New Parents

For new parents, raising a baby can be a monumental task. With a long list of products to buy and skills to learn, some essentials can easily be overlooked. One such essential is CPR. As a crucial life-saving skill, every parent should undergo [Online CPR Training](#), as it can make all the difference in an emergency.

In this post, we aim to highlight the importance of CPR knowledge for parents. Read on to learn more and get your Online CPR Certification with our team at [CPR Professor](#).



## Online CPR TRAINING

**SIGN UP TODAY!**

[www.americansti.org](http://www.americansti.org)

**What is CPR and How Do You Get CPR Certified?**

While most parents are aware of CPR, many may not fully understand its purpose. CPR, or Cardiopulmonary Resuscitation, is a critical technique involving chest compressions and artificial ventilation to maintain blood circulation and supply oxygen to the brain during cardiac arrest.

To learn how to perform CPR on children, infants, and adults, you should enroll in an accredited Online CPR Course. These courses provide comprehensive information on CPR, including best practices and proper techniques taught by certified instructors. You'll also practice your skills in simulated scenarios, learn how to use an AED, and respond to choking emergencies. Upon completing the course, you'll receive a certification card valid for two years.



### **The Role of Parents as First Responders**

The term 'first responder' often brings to mind emergency service providers, but in reality, parents, childcare providers, and teachers are the true first responders. Prompt action can be the difference between life and death when it comes to emergencies such as cardiac arrest or choking. Therefore, parents must be prepared to act quickly.

### **CPR Situations Are More Common Than You Think**

Recent statistics highlight the prevalence of cardiac arrest. According to the American Heart Association (AHA), sudden cardiac arrest is a leading cause of death in the U.S. You never know when you might need to perform CPR on your child. Cardiac arrest is a critical emergency that [Online CPR Training](#) can help address. Choking, another common emergency among young children is also covered in most CPR Training Courses. Being CPR-Certified ensures that you can provide fast, effective aid when it matters most.



### **Emergencies Can Happen to Children Too**

Heart attacks and cardiac arrests are often associated with the elderly, but these emergencies can also affect children. Various conditions can lead to cardiac arrest in kids, and sometimes underlying heart issues can appear suddenly, leaving parents with little time to react. This underscores the urgent need for parents to undergo Online CPR Training. Administering CPR in an emergency can buy crucial time for your child.

### **Learn More and Get CPR Certified with the American Safety Training Institute**

Are you interested in learning more about Online CPR Classes for new parents? Get Certified and be prepared to act when it matters most. The team at [American Safety Training Institute](#) has got you covered. Contact them today and explore their Online CPR training courses to get more information on CPR and why CPR Training Online is so important for all adults to know.