

Nothing prepares you for a serious crisis quite like American Heart Association CPR training. Many individuals take a quick course to get CPR certification through this program each and every year. Certification needs to be renewed every 12 months in order for it to remain valid.

You might wonder why you would have to re-take the same old course on a yearly basis but there is really good reason for the repetitive nature of the program. The American Heart Association CPR certification program helps individuals to learn the steps of proper culinary pulmonary respiration during an emergency.

We all know that putting what we learn in class into action is not always a smooth process. When faced with a crisis, many individuals may lose focus. If the American Heart Association CPR course is fresh in the individual's mind he will be more likely to follow through with the appropriate steps.

When the information is learned over and over again over a period of years, the individual is better able to run through the steps to CPR without hesitation. The quick response can make the difference between life and death. The American Heart Association CPR courses recognize this and the program requires re-certification.

When I worked with children in the field of autism I had to make sure that my certification was up-to-date every year. Fortunately, I was able to commit an entire day to the training because the American Heart Association CPR courses were offered in the evenings and on weekends as well.

The agency that I worked for helped us schedule a time for the course every year and things ran pretty smoothly with this approach. However, after a decade of taking the American Heart Association CPR course things began to get a little tiresome for most of the staff. Those of us who worked in the field for a long time pretty much knew the course inside and out.

Recognizing that many individuals take the course so many times, the agency started to open an optional test that takes one hour to complete. If you answer at least 98 out of 100 questions correctly and demonstrate the steps to American Heart Association CPR process on a dummy, you could be re-certified in about an hour.

We never want to be in a situation that requires us to actually put CPR to use. However, it is comforting to know that you can administer the techniques if needed.