

HEALTH AND SAFETY SERVICES

Apple Valley Chapter's Health and Safety Services incorporates the American Red Cross mission to help people prevent, prepare for and respond to emergencies. From a toddler's first introduction to the water to training First Responders, Health and Safety instructors are there, providing essential life-saving information. For over 80 years, the American Red Cross has been teaching individuals, like you, that they **can** make a difference when an emergency strikes—at home, at work, or wherever it may happen.

The Apple Valley Chapter needs qualified individuals interested in providing life-saving training in the communities of Chelan, Douglas and Grant counties. Water safety, Lifeguarding, First Aid/CPR, Babysitter Training, HIV/AIDs and basic aid training instructors are just a sampling of those we have teaching our Health and Safety courses.

No formal teaching experience is required to become an American Red Cross instructor, however, some prerequisites do apply. The instructor course process varies for each type of Instructor Authorization, ranging from eight hours to 36 hours of training time. An [Application To Teach Health Services Courses](#) must be completed prior to attending any instructor course.

Are you interested in helping someone learn to save a life? If so, Health and Safety Services is for you. Last year, Apple Valley Chapter instructors certified 4,210 individuals in First Aid and CPR and taught 2,355 children water safety.