

# SAFE SITTER

Safe Sitter® Essentials with CPR is a 1-day class designed to prepare students in grades 6–8 to be safe when they're home alone, watching younger siblings, or babysitting.

The Instructor-led class is filled with fun games and role-playing exercises. Students even get to use manikins to practice rescue skills like choking rescue and CPR!



## CLASS CONTENT

### SAFETY SKILLS

Indoor Safety • Outdoor Safety • Online Safety • Personal Safety • Handling Emergencies

### CHILD CARE SKILLS

Child Development • Child Care Duties • Behavior Management

### FIRST AID & RESCUE SKILLS

Injury Prevention • First Aid and Injury Management • Choking Rescue • CPR

### LIFE & BUSINESS SKILLS

Job Screening • Setting a Wage • Canceling Jobs • Meeting Employers

## CLASS INFORMATION

Indianapolis Healthplex  
3660 Guion Rd, Indianapolis, IN 46222

For more information or class dates,  
call Jennifer at 317-920-7400,  
email [jlarge@indianapolishealthplex.com](mailto:jlarge@indianapolishealthplex.com),  
or stop in and ask for Jennifer Large!

