

## Distance Learning Options

### CPR and First Aid

**Note:** If you are working in a licensed child care setting you should first try to register for a Hybrid Adult, Infant & Child CPR/First Aid class through the **ORO Training Calendar**. Online **only** CPR and First Aid training will be allowed **only** during the Oregon state or emergency. This training will not be valid for OCC licensed programs when the Oregon state of emergency is lifted.

Organization	Website Link	Fee	Language
ORO Training Calendar	Find a Hybrid Adult, Infant & Child CPR/First Aid class. Search by your county: <a href="https://calendar.oregonregistryonline.org/">https://calendar.oregonregistryonline.org/</a>	Varies by organization	English
AmericanBLS: <b>You should choose:</b> "Course with Basic or Pro Certification"	<a href="https://www.americanbls.com/courses/cpr-course-online/">https://www.americanbls.com/courses/cpr-course-online/</a>	\$14.95 or \$18.95 for the additional wallet card.	English
<b>You should choose:</b> "Curso Gratuito con Certificación BASICO o Pro"	<a href="https://www.americanbls.com/courses/curso-de-cpr-en-espanol/">https://www.americanbls.com/courses/curso-de-cpr-en-espanol/</a>		Spanish
SafeGard	<a href="https://sgclassesonline.com/healthcare">https://sgclassesonline.com/healthcare</a>	\$15.00	English
American Red Cross	<a href="https://www.redcross.org/take-a-class/classes/adult-child-and-baby-first-aid%2Fcpr%2Faed-online/a6R0V0000015EUt.html">https://www.redcross.org/take-a-class/classes/adult-child-and-baby-first-aid%2Fcpr%2Faed-online/a6R0V0000015EUt.html</a>	\$35.00	English
American Heart Association	<a href="https://cpr.heart.org/en/courses/heart saver-pediatric-first-aid-cpr-aed-course-options">https://cpr.heart.org/en/courses/heart saver-pediatric-first-aid-cpr-aed-course-options</a>	\$20.00 +	English
American Health Care Academy A chance for Life CPR Training	<a href="https://cpraedcourse.com/course/cpr-first-aid-certification">https://cpraedcourse.com/course/cpr-first-aid-certification</a>	\$35.95 – \$ 39.95	English

### Online Health and Safety Trainings

Organization	Website Link	Topics	Fee	Length	Language
Oregon Center for Career Development (OCCD)	<a href="https://www.pdx.edu/occd/occd/">https://www.pdx.edu/occd/occd/</a>  These courses are interactive online trainings.	Introduction to Child Care Health and Safety	Free	2	English, Spanish, Vietnamese, Russian, Chinese
		Recognizing and Reporting Child Abuse and Neglect		2	
		Prevention is Better than Treatment		1	
		Safe Sleep for Oregon's Infants		1	English, Spanish
Teaching Research Institute (TRI)	<a href="http://triwou.org/pages/show/cccr-food-handler-certification">http://triwou.org/pages/show/cccr-food-handler-certification</a>	Food Handler Training.  This can be completed online or printed.	Free	2	English, Spanish, Vietnamese, Russian, Chinese