

Accel Health & Safety Brings CPR & First Aid Training Into Local Homes

By Amanda Goldberg

May 28, 2014

Mount Kisco, NY – According to the American Heart Association there were nearly 383,000 cases of sudden cardiac arrest last year, with 88% of them occurring at home. CPR – cardiopulmonary resuscitation – alone rarely will save a life and every minute a victim does not have CPR and defibrillation decreases the chances of survival by 10%. Studies published in the New England Journal of Medicine find that coupling effective CPR with rapid defibrillation using an automated external defibrillator increases a victim’s chance of survival to a staggering 40%.

Accel Health & Safety has found that most individuals continue to lack proper training due to training time and location. Most individuals do not want to dedicate 8-10 hours in a group classroom setting. In response, Accel Health & Safety is offering private, in-home classes for four or more students. According to owner and instructor Jason Goldberg, “Our private class options have been wildly popular. We keep our instructor to student, and student to equipment ratios low. We bring everything into your home. This minimizes the hassle and distractions, and ensures that classes are comprehensive and tailored to the individual group.”

Accel Health & Safety offers a wide range of classes including Adult and Pediatric CPR, AED and First Aid, CPR for Professional Rescuers, Emergency Oxygen Administration and Bloodborne Pathogens. The training center also offers Emergency First Response Primary and Secondary Care for scuba divers. Accel also recently began offering CPaRtiesSM, which integrates CPR and AED skill training into a fun dinner-party environment with interactive games and prizes.

Accel Health & Safety is the only health and safety training center in Westchester County offering both American Safety and Health Institute (ASHI) and Emergency First Response (EFR) training classes.

All certification classes offered by Accel are comprehensive. Mr. Goldberg adds, “I believe that training should be comprehensive. CPR and AED training on its own is fine. But, what happens if you encounter someone sitting on the ground with a terrible wound. Would you know what to do? What happens if that person now becomes unconscious? How do your priorities change? Our classes incorporate primary and secondary assessments, CPR and AED training, in addition to comprehensive first aid training. We spend quite a bit of time running simulations. I want my students to leave the class feeling confident that they can evaluate a situation and render the proper care.”

For more information about Accel Health & Safety’s training options please visit www.accelcpr.com or call (914) 266-0559.

About Accel Health & Safety

Accel Health & Safety offers layperson and professional CPR, AED, first aid, oxygen administration and bloodborne pathogens training in Westchester County. Accel Health & Safety offers certification classes through American Safety and Health Institute and Emergency First Response.

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