

## Blended Learning comes to Japan

June 29, 2012

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### BLENDDED

NAVAL AIR FACILITY ATSUGI, Japan- During CPR/AED awareness week in June the Red Cross offices at NAF Atsugi and Camp Zama offered a Blended Learning CPR/AED class. The two bases are the first in Japan to make Blended Learning available.

“The Blended Learning program is basically the traditional Red Cross training only offered in a combined online learning format with emphasis on classroom training,” said Kenneth Romero, Red Cross Manager. “So when the opportunity came available to try it over here we definitely took advantage of it.”

Using the Red Cross Learning Center website, students can register for various training classes. Once they have completed the online course and receive a certificate of completion, students are then able to schedule the skills assessment portion of their training.

The skills assessment portion is done with an instructor in a classroom. During the instructor monitored class portion, students use test dummies and training machines to demonstrate the life saving skills they have learned through the online course.

“If the need arises part of the training is to just to make sure that people feel comfortable in responding to any emergency situation,” said Romero.

“Experience,” said Atsushi Yasuda, American Red Cross Instructor. “How to do it I think is the most important thing.”

A few months after earning his CPR Instruction certificate, Yasuda was riding his bike home one evening and noticed something lying in a bush. When he got closer he noticed it was a man sprawled out over the bush.

Instantly, Yasuda’s CPR training became apparent. He asked the man if he was okay and if he needed any help. The man was conscious but gave an incoherent response to Yasuda inquiry. Yasuda called 119 (Japan’s emergency number) and stayed with the man to keep him calm till the ambulance arrived. During this time several people by without acknowledgement of the situation and failed to offer assistance to either Yasuda or the man.

“After that I analyzed that there are three groups of people,” said Yasuda. “And the second group is the most important.”

Yasuda said the first group are those who are too busy to just stop and give or ask if assistance is needed. The second group are the ones that want to help but do not know how. Finally, the last group are those who are afraid or just do not want to get involved in the event. Yasuda believes the second group is one that would be willing to receive instruction to learn how to provide CPR/AED and First Aid.

“I’ve changed my attitude to teaching the students, I was more eager,” said Yasuda. “I’m teaching them with my heart, not only as an instructor but man to man, as another human being.”

The Blended Learning program provides students a chance to take the training in a way that fits around their schedule provided, and makes training easier for the community.

“Right now, the military is talking about resiliency,” said Romero. “One of the things I always emphasis is that any family needs to make sure they have someone who is trained in First Aid and CPR.”

Red Cross statics state that every minute of CPR not being performed decreases a person’s chance of survival by 10 percent. This can be detrimental as emergency responders are not always able to get to the scene of an incident immediately.

Ramero said that the emergency responders we depend on such as the fireman, police and ambulance can be delayed depending on circumstances. To have a family member around who can be the first

responder significantly increases chance of survival if responders are delayed.

In addition to CPR and AED, the Red Cross offers a variety of training courses such as, First Aid, Disaster Response and many other programs. For more information regarding training please visit your local Red Cross office or visit <https://classes.redcross.org> to register and sign-up for their online courses.