



Photo courtesy of Red Cross

Michael Septer's Red Cross CPR training helped save the life of his son Jared.

Red Cross first aid, safety training saves lives

By LAURIE PELLICHERO
Special to The Times

When he was 16 years old, Michael Septer took his first CPR class through the American Red Cross. Later, as a young adult, he became a water safety instructor.

Septer says he always believed that lifesaving training was an important tool that people should have and he continued to keep his Red Cross certifications current as the years passed.

One day, his training might have made the difference between life and death for his newborn son Jared.

When Jared was a few days old, Septer saw that he seemed to

be choking. Then the boy began to turn blue.

Instead of panicking, Septer knew immediately what to do. His Red Cross training kicked in and he turned the infant over and administered back blows as he had learned in his health and safety services courses. Jared coughed up the mucus he had been choking on and color returned to his face.

"I didn't even think about it, I didn't panic," said Septer. "I knew what to do and I just did it. This is the way it should be for everyone. There may not be time for panic."

Septer works at Princeton University as a public safety officer and volunteers with the Ameri-



can Red Cross of Central New Jersey as a CPR instructor. He and his wife Pamela have two sons, Jared and Taylor.

"Pamela knows CPR," said Septer. "And as my extended family gets up in age, I make sure my relatives are trained in Red Cross CPR, first aid and the use of an automated external defibrillator."

"What the Red Cross teaches

can truly save lives. Jared is living proof," he said.

American Red Cross health and safety services programs are designed to help people learn — and remember — valuable lifesaving skills and knowledge. The American Red Cross of Central New Jersey's first aid, CPR and AED programs are available for any age group and can be tailored to the needs of specific groups and individuals.

Last year, the American Red Cross of Central New Jersey certified 29,970 people in CPR and standard first aid and trained 16,209 people in water safety/life-guarding.

Funds from this year's Times' Holiday Appeal will be used to

support the services and programs of the American Red Cross of Central New Jersey.

The Times deducts no overhead expenses. All money goes directly to the designated non-profit agency.

To make a donation in support of the American Red Cross of Central New Jersey, please make your check payable to The Times Holiday Appeal and mail or hand deliver it to: 500 Perry St., Box 847, Trenton, NJ 08605.

All gifts will be acknowledged. Anonymity, if requested, will be granted.

For more information about health and safety services programs, call the American Red Cross of Central New Jersey at (609) 951-8550.