**Section 520.45 Training**

a) Training programs should use the Department's approved methods described in Section 520.40.

b) It is recommended that food service establishments voluntarily train employees in the use of the Department's approved methods.

c) Training programs should not include practicing the approved methods on others. Abdominal thrusts may cause injury.

d) Instruction in cardiopulmonary resuscitation and the subdiaphragmatic abdominal thrust is available through the American Heart Association, Illinois Affiliate, Chicago Heart Association and the American Red Cross.

(Source: Added at 18 Ill. Reg. 15433, effective October 10, 1994)