

Sudden Cardiac Arrest Is Just That:

SUDDEN. Are You Ready?

Sign up today for the CPR/First Aid/AED Course and learn how to save a life!



You'll learn:

- The "Circles of Care" concept
- How to use barriers
- Assess responsiveness
- Preventing disease transmission
- Introduction to the airway
- Rescue breathing

- Chests compressions
- One rescuer CPR
- Control bleeding and shock
- Introduction to illness and injury
- Warning signs of medical illness
- Emergency moves
- Basic AED operation