

When an Emergency Strikes...

WILL YOU BE READY TO SAVE A LIFE?



TRAINED.

EMPOWERED.

PREPARED.

Adult CPR, Automated External Defibrillator (AED), First Aid Training

While you can't predict when an emergency will occur, you can be prepared. In less time than you think, American Red Cross training can give you the vital knowledge and skills you'll need to respond to a life-threatening situation with confidence.

American Red Cross CPR, AED, and First Aid training will teach you to:

- Recognize an Emergency and take immediate action
- Care for conscious and unconscious choking victims
- Perform Cardio-Pulmonary Resuscitation (CPR)
- Safely & Effectively use an AED
- Give first aid for a variety of injuries, such as burns, wounds, head, neck and back injuries, and heat and cold-related emergencies
- Manage sudden illnesses, stroke, seizure, bites and poisoning

Participants learn in a low-stress environment and hone their life-saving skills. Each receives a manual with 90+ pages of life-saving and safety related information. Courses can be customized to meet your needs.

Those successfully completing the course receive American Red Cross certification.

Course: **Adult CPR w/ AED**
Length: 4 hours
Cert. : Valid 1 year
Price: \$75.00

Course: **First Aid**
Length: 4 hours
Cert. : Valid 3 years
Price: \$75.00

Course: **Corporate Safety**
(Adult CPR w/ AED Skills and First Aid)
Length: 6 hours
Cert. : CPR 1 yr, & First Aid 3yrs.
Price: \$95.00



SAFETY 101
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Proud Provider of American Red Cross Health and Safety Training