

Ollie

CPR Training

The American Red Cross offers a variety of safety training and certification courses, including first aid, CPR, babysitting/childcare, swimming/water safety and lifeguarding. Use the "find a class" application to locate courses near you, and register online to get started. The American Heart Association provides a similar CPR class locator.

Administering CPR immediately after a medical emergency

SAVES MORE LIVES

↳ doubling or tripling a person's chance of survival
(that's 100,000 to 200,000 lives per year!)
BUT only 46% of people who suffer a cardiac event get the help they need before professional help arrives.



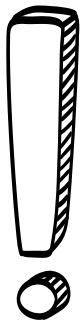
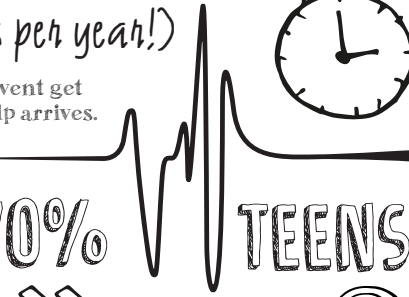
push at a rate of about 100-120 compressions per minute

that's the beat of the BeeGee's classic



STAYIN' ALIVE

since 70% of cardiac breathing events occur at home
TEENS who know CPR can be lifesavers!



CPR IS NOT JUST FOR HEART ATTACKS

it can save the lives of people suffering from



Accidental injuries, including drowning + choking, are the leading causes of death in children

- Electric Shock
- Drowning
- Severe Allergic Reactions
- Choking
- Drug Overdose
- Suffocation



Sources: American Heart Association; AmericanCPR.com