

# **CPR**

## **(CardioPulmonary Resuscitation for the adult, child and infant)**

### **CPR Training for the Community or Professional Rescuer**

**Program Description:** CPR training is intended to convey and demonstrate the recommended lifesaving care that may be necessary to administer, at the scene of an emergency. By attending this program and following and practicing the techniques learned from your instructor, participants should be able to master essential CPR skills. This program is intended for community members, employees and staff or professionals, who may need or feel compelled to respond to an emergency, as rescuers.

#### **PROGRAM OBJECTIVES**

- Identify risk factors for a heart attack and/or stroke
- Learn information about normal heart and lung function
- How to recognize a life-threatening emergency
- When and how to properly activate the emergency medical services (EMS) system
- How to make a difference in the outcome of emergencies
- How to provide basic life support (BLS)
- What to do in the case of any airway obstruction (choking)
- How to provide care for a life-threatening bleeding emergency
- How to provide basic care for someone who may be in shock
- How to use Automatic External Defibrillator (AED) device