



## CPR Heartsaver Classes for 2011

When someone stops breathing, or the heart stops breathing, he or she typically can survive for only 4-6 minutes before lack of oxygen can result in brain damage or death. CPR (CardioPulmonary Resuscitation) can buy extra time for your loved one, until professional help can arrive by artificially circulating oxygen to the brain.

CPR is not just for heart attacks! Many adults and children suffer disabling injuries in their own homes and backyards each year, resulting from accidents which may require CPR, according to the American Heart Association.

Some of the common causes of “sudden death” that may require CPR include:

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

The *Heartsaver CPR with AED* course teaches how to recognize and treat life-threatening emergencies, including cardiac arrest and choking for adult, child, and infant victims, and use of an Automated External Defibrillator (AED) for adult and child cardiac arrest victims.

This course provides training for:

- For all lay rescuers who need to be certified in CPR.
- Individuals needing credentialed training for job or regulatory requirements
  - You receive a course completion card good for two years.
  - This class is for all ages.

*AED: Automated External Defibrillator*

- × Early defibrillation does more to improve the probability of survival for an individual than the medication, airway intervention, and defibrillation waveforms combined.
- × They can be used on persons age one year through adult.
- × We teach how to use these AED’s as well as the procedures for CPR.

### Upcoming CPR Heartsaver courses for 2011:

<b>Thursday, January 13<sup>th</sup></b>	<b>Thursday, April 14<sup>th</sup></b>	<b>Thursday, August 11<sup>th</sup></b>	<b>Thursday, November 10<sup>th</sup></b>
<b>Time: 5:30 – 8:00 p.m.    Cost: \$40.00. Includes textbook</b>			



Call 608/768-6275 or visit RAMC’s Community Calendar at [www.ramchealth.com](http://www.ramchealth.com) to register for any of the above courses. Cost \$40 (includes textbook).

Visit the American Heart Association at [www.americanheart.org/cpr](http://www.americanheart.org/cpr) for further information.