

**Heartsaver® First Aid CPR AED** is a video-based, instructor-led course that teaches students critical skills needed to respond to and manage an emergency until emergency medical services arrives. Skills covered in this course include first aid; choking relief in adults, children, and infants; and what to do for sudden cardiac arrest in adults, children, and infants.

This course teaches skills with the AHA's research-proven practice-while-watching technique, which allows instructors to observe the students, provide feedback, and guide the students' learning of skills.

This course is for anyone with limited or no medical training who needs a course completion card in CPR and AED use to meet job, regulatory, or other requirements.

**Heartsaver® CPR AED** is a video-based, instructor-led course that teaches adult and child CPR and AED use, infant CPR, and how to relieve choking in adults, children, and infants. This course teaches skills with the AHA's research-proven practice-while-watching technique, which allows instructors to observe the students, provide feedback, and guide the students' learning of skills.

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**The BLS Course** trains participants to promptly recognize several life-threatening emergencies, give high-quality chest compressions, deliver appropriate ventilations and provide early use of an AED.

In the Instructor-led course, students participate in simulated clinical scenarios and learning stations. Students work with an AHA BLS Instructor to complete BLS skills practice and skills testing. Students also complete a written exam.

### Why Learn CPR?

Cardiac arrest – an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia) and disrupts the flow of blood to the brain, lungs and other organs – is a leading cause of death. Each year, more than 350,000 out-of-hospital cardiac arrests occur in the United States.

When a person has a cardiac arrest, survival depends on immediately getting CPR from someone nearby. Almost 90 percent of people who suffer out-of-hospital cardiac arrests die. CPR, especially if performed in the first few minutes of cardiac arrest, can double or triple a person's chance of survival.

### Be the Difference for Someone You Love

If you are called on to give CPR in an emergency, you will most likely be trying to save the life of someone you love: a child, a spouse, a parent or a friend. 70 percent of out-of-hospital cardiac arrests happen in homes. Unfortunately, only about 46% of people who experience an out-of-hospital cardiac arrest get the immediate help that they need before professional help arrives.

### Should you make the commitment to learn CPR?

Perhaps a loved one suffers from heart disease. Maybe your job handles medical emergencies. No matter what your reason, it is important to realize that just knowing how to properly perform CPR will make you a more useful member of your community. Brain death occurs within 4-6 minutes after the heart stops beating. Speed in starting CPR and calling 911 is the key to helping save lives.

\*Private classes can be arranged with a minimum of 3 people



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