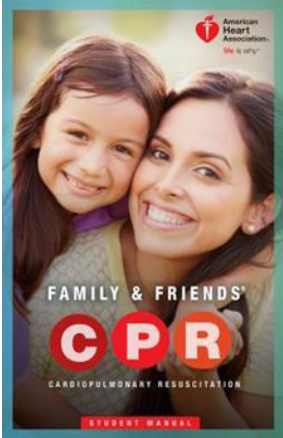


ON-SITE CPR

Family & Friends® CPR

Adult/Infant/Child CPR and AED Certificate of Participation



The American Heart Association's (AHA) Family & Friends® Cardiopulmonary Resuscitation (CPR) Course teaches the lifesaving skills of Adult/Infant/Child CPR, giving breaths, chest compressions, Automated External Defibrillator (AED) use, and mild and severe choking.

These skills are taught by using the AHA's research-proven practice-while-watching technique,

which allows participants to practice on a CPR training manikin while observing a demonstration of the skills in the course video as well as instructor demonstration and observation.

Prestan® Adult and Infant manikins are used for next-level quality feedback using CPR monitors as recommended by the 2015 AHA Guidelines for CPR. When students are practicing CPR compressions on the Prestan® Adult and Infant Manikins, the feedback monitor allows students to gauge their own compression rate, depth and correct hand placement while practicing high-quality CPR.

Who Should Take This Course?

Family & Friends® CPR is intended for anyone who wants to learn CPR but does not need a CPR course completion card to meet a job requirement. This course is ideal for community groups, new parents, grandparents, caregivers, babysitters, schools, aunts, uncles, siblings, and students, as well as others interested in learning how to save a life.

As an instructor-led course, Family & Friends® CPR extends the availability of and access to training in an affordable and time-saving manner so that more people can learn CPR and use their skills to act quickly in any emergency no matter the location.



Debbie Campbell,

Authorized AHA Instructor

- Certified & Insured
- 20 years instructor experience
- Approved training vendor with Colorado Office of Early Childhood
- Classes are conducted at your location (workplace, church, school or home)

This Course Covers Adult/Infant/Child:

- ♥ Cardiopulmonary Resuscitation (CPR)
- ♥ Breaths with and without a mask
- ♥ Chest compressions
- ♥ Automated External Defibrillator (AED) use
- ♥ Mild and Severe Airway Block: How to help a choking person

Course Delivery

Learn the skills to save a life in a group setting led by an Authorized AHA Instructor at your workplace, church, school, community center, childcare facility, or home. Offered exclusively through On-site CPR and is not offered through any other training centers in Northern Colorado.

- ♥ Course Length: Approximately 1 hour
- ♥ Course Cost: \$15 per person
- ♥ Course Enrollment: 1 – 10 people

COVID-19 Compliant

Training supplies are provided for individual use including Adult/Infant/Child manikin, AED, and CPR rescue mask.

- ♥ All supplies are cleaned and sanitized between clients
- ♥ Adherence to COVID-compliant protocols strictly enforced

A Certificate of Participation is issued immediately for all participants after course completion.



**ON.SITE.
CPR.LLC**



**American
Heart
Association.**

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