

Are You Prepared for an Emergency?



Rib Lake Community Program (RLCP) & Aspirus
Community Health are offering the:



HeartSaver® CPR AED Certification Course

This American Heart Association course is:

- Designed to prepare community adult students to provide CPR and automated external defibrillator (AED) use in a safe, timely, and effective manner.
- Intended for anyone with little or no medical training.
- Intended for anyone who wants to be prepared for an emergency in any setting.

Upon successful completion of the course, including a CPR and AED skills test, students receive a HeartSaver® CPR AED course completion card that is valid for two years.

WHEN: Wednesday, December 12th

TIME: 6:00 p.m. to 8:00 p.m.

WHERE: Rib Lake Elementary School Music Room

(Entrance is at the District Office at the far end of the building.)

FEE: \$12.00 (includes class, student workbook and certification card)

Please pay when you arrive at class. If paying by check, make it out to "Rib Lake School District".

REGISTRATION:

- Please register at the Rib Lake School District website: www.riblake.k12.wi.us
- If you do not have computer access, register by calling Judy LeMaster, RLCP Coordinator at 715-427-3222 x. 3250 and leave a message including your name and phone number.

CLASS SIZE IS LIMITED TO 12 ADULTS -- REGISTER SOON!

HeartSaver® CPR AED Certification Course

After successfully completing this course, students should be able to:

- Describe how high-quality CPR improves survival
- Explain the concepts of the Chain of Survival
- Recognize when someone needs CPR
- Perform high-quality CPR for an adult
- Describe how to perform CPR with help from others
- Give effective breaths using mouth-to-mouth or a mask for all age groups
- Demonstrate how to use an AED on an adult
- Perform high-quality CPR for a child*
- Demonstrate how to use an AED on a child*
- Perform high-quality CPR for an infant*
- Describe when and how to help a choking adult or child
- Demonstrate how to help a choking infant*