

When an Emergency Strikes...

WILL YOU BE READY TO SAVE A LIFE?



TRAINED.

EMPOWERED.

PREPARED.

While you can't predict when an emergency will occur, you can be prepared. In less time than you think, American Red Cross training can give you the vital knowledge and skills you'll need to respond to a life-threatening situation with confidence.

Red Cross First Aid and CPR/AED training will teach you to:

- Care for conscious and unconscious choking victims
- Perform CPR
- Use an automated external defibrillator (AED) on a victim of sudden cardiac arrest
- Give first aid for a variety of injuries, such as burns, wounds, head, neck and back injuries, and heat and cold-related emergencies
- Manage sudden illnesses, stroke, seizure, bites and poisoning

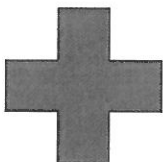
You'll also receive a participant's workbook and laminated Adult CPR/AED and First Aid skill cards that include full-color images and easy-to-read text that will walk you step by step through a variety of lifesaving skills. The skill cards will also serve as an excellent refresher and reference tool after training is complete.

Mark your calendar today for our next training session:

Cost \$65.00

Date: March 6, 2010
Course: Standard First Aid with CPR/AED—Adult, Child & Infant
Time: 8:00 a.m. – 2:00 p.m.

For more information, contact Amber Dise at 703-492-4740.



**American
Red Cross**

Proud Provider of American Red Cross
Health and Safety Training