

CPR & First Aid Classes for Landfall Residents & CCL Members

Arranged by Landfall Community Emergency Response Team (CERT)

Save a Life, Save These Dates:

Tuesday, October 29; Thursday, Nov 7

CPR training –infant, child, and adult CPR, relieving choking, using automatic electronic defibrillators (AEDs) we see in public places. Learn updated and refined techniques.

First Aid covers everyday emergencies – stroke, sprains, breaks, heat issues, bleeding, severe allergic reactions, seizures, etc.

Taught by American Heart Association (AHA) instructors from First Hands CPR, Inc. Class limit: 10 students. AHA certificate (good for 2 years) issued following each class. Take home a workbook with clear step-by-step instructions and illustrations, and Quick Reference Guides for heart attack, stroke, choking and/or breathing loss, seizures, severe allergies, and external bleeding in adults, children and infants.

From a former class member: “This was my 4th time going through CPR training in the past 10 years and it was by far better than when it was taught in the classroom at school, during EMT Basic Training or as a hospital employee. I feel confident leaving the class that I can help someone who is in trouble. The instructor was very thorough, had great examples and responses and made the learning environment easy by making it personal and more of a conversation. I was less concerned with taking notes and worrying about a test at the end and more focused on the actual instructions and why certain methods work. I felt like this was something that has enhanced my life and the ones around me and it wasn’t just a useless waste of time.”

“**Saving Lives Is Why.**” Sudden cardiac arrest remains a leading cause of death. Learning how to perform high-quality CPR is important. The better the CPR skills are performed, the better the chances of survival. Consider spending just 3 hours of your life to get current information and practice techniques to enable you to help loved ones, neighbors, and friends in an emergency – after you have called 911.

Where: Landfall COA Board Room

Class Fee: **\$45 for one class (CPR or First Aid) OR both CPR & First Aid classes for \$65**

To register: 1) Use “tear-off” form below; 2) visit <http://www.landfallcert.com/> to download form; or 3) pick up form at the COA front desk. Mail form, along with check to “Landfall CERT” to: Debbie Socha; 2015 Bay Colony Lane; Wilmington NC 28405 or email Dsocha@ec.rr.com for drop-off directions.

Registration deadlines: For Oct 29 class: Fri, Oct 25. For Nov 7 class: Tues, Nov 5

Cancellation Policy: Cancel more than 48 hours before the start of the class, your check will be returned or shredded. Cancel less than 48 hours before the start of the class, your check will be deposited. However, credit will be applied to any future CPR or First Aid classes.

-----LANDFALL CPR/FIRST AID CLASS REGISTRATION-----

_____ First Aid	Tuesday, Oct 29	9:30 am to 12:30 pm
_____ CPR	Tuesday, Oct 29	1:30 pm to 4:30 pm
_____ CPR	Thursday, Nov 7	9:30 am to 12:30 pm
_____ First Aid	Thursday, Nov 7	1:30 pm to 4:30 pm

Name _____ Phone _____

Address _____ Email _____