

# Adult CPR



Cardiopulmonary resuscitation, more commonly known as CPR, is a life-saving technique that helps maintain blood flow to the brain and heart in an emergency situation. The goal of CPR training is to provide individuals with the basic knowledge and skills necessary to provide effective basic life support in an emergency.

## Course Topics:

- How to React in an Emergency
- Contacting 911
- Signs and Symptoms of Heart Attack
- Care for Heart Attack
- Signs and Symptoms of Stroke
- Care for Stroke Victims
- CPR for People Age 8 and Older
- Heimlich Maneuver for Ages 1 and Older
- Question and Answer Session
- Skills and Knowledge Testing

## Class Materials Include:

- CPR Certification Card
- CPR Manual for Each Student
- 1-1 Manikin Ratio
- 2 Year Access Code to Online Refresher Training

## Meets Regulation Requirements:

- 29 CFR 1910.151
- 29 CFR 1010.1030
- 37 FR 5504

## Class Length: 2 Hours

## 2 Year Certification