HVAC & Metals Institute

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 training will teach you to:

- Care for conscious and unconscious choking victims
- Perform CPR
- 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

First Aid Cards are issued for three years, while CPR cards are issued for one year.

Course: **Standard First Aid with CPR—Adult**

Class Schedule: 2 night course

May 5th, 13th **5:00 p.m. – 8:00 p.m.**
June 16th, 18th **5:00 p.m. – 8:00 p.m.**

Call and sign up – (503)257-1022

American Red Cross

Together, we can save a life