



KNOW CPR
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On-site CPR Training

Know CPR training is more convenient than other programs -- We come to you at no additional cost, when you want (mornings, afternoons, evenings, weekends --even before work!).

And, Know CPR training is more affordable than other programs -- Our prices are always the lowest in the area.

BLS Healthcare Provider Courses

Know CPR offers American Heart Association, ProTrainings, and American Safety & Health Institute BLS Healthcare Provider courses. All courses are nationally-recognized and follow the most up-to-date recommended guidelines. Each course is designed to teach the skills of CPR for victims of all ages (including ventilation with a barrier device, a bag-mask device, and oxygen), use of an automated external defibrillator (AED), relief of foreign-body airway obstruction (FBAO) and two-rescuer CPR. Each is intended for participants who provide healthcare to patients in a wide variety of settings, including in-hospital and out-of-hospital settings. Each certification is valid for two (2) years.

And now we offer “Traditional” and “Challenge” classes. All CPR classes include hands-on practice with manikins and AEDs, “Challenge” classes do not include a lecture or video, and last approximately 1 ½ hours. “Challenge” classes are intended for those who have previously completed a CPR course, and whose certification card is either about to expire or has recently expired. Challenge classes are available for ProTrainings and American Safety & Health Institute classes.

Choose Which Class Is Best For You:

Course	CLASS SIZE				
	5+	4	3	2	1
American Heart Association BLS for Healthcare Providers	\$59 pp	\$69 pp	\$79 pp	\$89 pp	\$170 pp
ProTrainings BLS for Healthcare Providers	\$59 pp	\$69 pp	\$79 pp	\$89 pp	\$170 pp
American Safety & Health Institute BLS for Healthcare Providers	\$64 pp	\$74 pp	\$84 pp	\$94 pp	\$174 pp

CALL (703) 528-7045 TODAY TO SCHEDULE YOUR TRAINING