

**Know CPR**  
 (703) 528-7045  
[www.KnowCPR.com](http://www.KnowCPR.com)

**NEW!!!** Sure of your skills?  
 Don't need a class with lecture  
 and video? Ask about our shorter  
 Challenge classes



# KnowCPR

Simple...Affordable...Fun

## **Company Information:**

We offer the most convenient and affordable CPR, First Aid and AED Training. For groups of 1 or more, our trainers come to you — mornings (even before work), daytime, evenings, and weekends!

All programs are nationally recognized, meet OSHA standards, and are taught by ProTrainings and American Safety & Health Institute certified instructors who are experienced teaching classes with mixed language skills and backgrounds.

**And now we offer “Traditional” and “Challenge” classes.** While all CPR classes include hands-on practice with manikins and AEDs, and all first aid classes include practice of first aid skills, *“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 (or first Aid) course, and whose certification card is either about to expire or has recently expired.*

Immediately upon successful completion of “traditional” and “challenge” courses, participants will receive a ProTrainings or American Safety & Health Institute course completion card with a suggested retraining date of **two years**.

## **Washington, DC Pricing:** (minimum CPR class size is 1 students)

<u>Course</u>	CLASS SIZE				
	5+	4	3	2	1
<b>CPR (adult/child/infant &amp; AED) &amp; Basic First Aid -- “Traditional” or “Challenge”</b>	\$59 pp	\$69 pp	\$79 pp	\$89 pp	\$165 pp
<b>CPR class (adult/child/infant &amp; AED) -- “Traditional” or “Challenge”</b>	\$39 pp	\$49 pp	\$59 pp	\$69 pp	\$130 pp
<b>Basic First Aid Class -- “Traditional” or “Challenge”</b>	\$39 pp	\$49 pp	\$59 pp	\$69 pp	\$130 pp

## **CPR for the Community & Workplace** **(also popular for Daycare Providers)**

This CPR program is nationally-recognized and includes Adult, Child and Infant CPR, and choking procedures. This is typically taught to non-medical professions, daycare providers, life guards, babysitters, and individuals wanting to promote a safer community or work environment.

### Objectives:

- Universal Precautions
- The Chain of Survival & automated external defibrillators (AEDs)
- Symptoms of a heart attack and stroke
- CPR Compressions & Rescue Breathing (Adult, Child and Infant)
- Choking & SIDS (Sudden Infant Death Syndrome)

Immediately upon successful completion of this training, the participants will receive a ProTrainings or American Safety & Health Institute course completion card with a suggested retraining date of **two years**.

## **Universal Basic First Aid**

This is a nationally-recognized program that meets the OSHA standard for first aid training.

### Objectives

- Good Samaritan
- Universal Precautions
- Bleeding & Shock
- Burns
- Strains, sprains, fractures, spinal injury
- Asthma, diabetic, seizure, allergic reaction
- Sudden Illnesses: stroke, poisoning, heat, cold, seizure, asthma, anaphylaxis

Immediately upon successful completion of this training, the participants will receive a ProTrainings or American Safety & Health Institute course completion card with a suggested retraining date of **two years**.

**To schedule a class or for more information**

Call (703)-528-7045

or

Email: [Info@KnowCPR.com](mailto:Info@KnowCPR.com)