

Know CPR
 703-528-7045
www.KnowCPR.com

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

Call *Know CPR* Today For Groups of 1+ To Schedule Your CPR & First Aid Training

*Know CPR Training is approved by the Washington DC
 Office of the State Superintendent of Education (OSSE)*

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 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 an 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)

Course	CLASS SIZE				
	5+	4	3	2	1
CPR (adult/child/infant & AED) & Basic First Aid -- <i>“Traditional” or “Challenge”</i>	\$53 pp	\$63 pp	\$73 pp	\$83 pp	\$150 pp
CPR class (adult/child/infant & AED) -- <i>“Traditional” or “Challenge”</i>	\$39 pp	\$49 pp	\$59 pp	\$69 pp	\$130 pp
Basic First Aid Class -- <i>“Traditional” or “Challenge”</i>	\$39 pp	\$49 pp	\$59 pp	\$69 pp	\$130 pp

CPR for the Community & Workplace **(also known as CPR 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 an 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, splinting, 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 an 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