

**Know CPR**  
 212-629-1963  
[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**

## **Call *Know CPR* Today For Groups of 2+ To Schedule Your CPR & First Aid Training**

### **Company Information:**

We offer the most convenient and affordable CPR, First Aid and AED Training. For groups of 2 or more, our trainers come to you — mornings (even before work), daytime, evenings, and weekends!

Know CPR is member of the ASPIRE Registry for New York’s Early Childhood Workforce. 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**.

### **NYC AREA PRICING: (minimum CPR class size is 2 students)**

<u>Course</u>	<b>CLASS SIZE</b>			
	<b>5+</b>	<b>4</b>	<b>3</b>	<b>2</b>
<b>Community CPR (adult/child/infant &amp; AED) &amp; Basic First Aid --            “Traditional” or “Challenge”  <i>*Approved by the Aspire Registry for New York's Early Childhood Workforce.</i></b>	<b>\$69 pp</b>	<b>\$79 pp</b>	<b>\$89 pp</b>	<b>\$99 pp</b>
<b>Community CPR (adult/child/infant &amp; AED) -- “Traditional” or            “Challenge”</b>	<b>\$59 pp</b>	<b>\$69 pp</b>	<b>\$79 pp</b>	<b>\$89 pp</b>
<b>Universal Basic First Aid --            “Traditional” or “Challenge”</b>	<b>\$59 pp</b>	<b>\$69 pp</b>	<b>\$79 pp</b>	<b>\$89 pp</b>

## **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 (212)-629-1963**

**or**

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