

## **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!

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.*

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**.

### **Richmond 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>CPR (adult/child/infant &amp; AED) &amp; Basic First Aid -- “Traditional” or “Challenge”</b>	<b>\$49 pp</b>	<b>\$59 pp</b>	<b>\$69 pp</b>	<b>\$79 pp</b>
<b>CPR class (adult/child/infant &amp; AED) -- “Traditional” or “Challenge”</b>	<b>\$39 pp</b>	<b>\$49 pp</b>	<b>\$59 pp</b>	<b>\$69 pp</b>
<b>Basic First Aid Class -- “Traditional” or “Challenge”</b>	<b>\$39 pp</b>	<b>\$49 pp</b>	<b>\$59 pp</b>	<b>\$69 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)

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, splinting, spinal injury
- Asthma, diabetic, seizure, allergic reaction
- Sudden Illnesses: stroke, poisoning, heat, cold, seizure, asthma, anaphylaxis

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 (804)-281-4339**

**or**

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