

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



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 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 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
CPR (adult/child/infant & AED) & Basic First Aid -- <i>“Traditional” or “Challenge”</i>	\$59 pp	\$69 pp	\$79 pp	\$89 pp	\$165 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 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 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 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