



City of Groveland Fire Department

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Please fax, email or completed registration form to schedule your training.

Company or Name \_\_\_\_\_

Contact \_\_\_\_\_

Phone \_\_\_\_\_

Total # Attendees \_\_\_\_\_

## CPR TRAINING CLASS

CPR Certification class will cost **\$35.00 per class**. Class is held every first Tuesday of every month. Classes will be held at 193 Cherry Valley Trail Groveland, FL. 34736

The certification is valid for two years by the American Heart Association. There are three certifications to choose from.

1. Adult CPR
2. Adult CPR and AED
3. Adult, child, infant CPR and AED

Sudden cardiac arrest is a major cause of death in the United States. It claims about 355,000 lives each year. That's 5 lives every 8 minutes.

Sudden cardiac arrest means that the heart stops pumping blood. This can happen suddenly, without warning. Often it's due to an abnormal heart rhythm or heart attack. There can be other causes of cardiac arrest too. Other examples are accidental electrical shock or submersion (near drowning).

Right now the survival rate for sudden cardiac arrest is about 5%. If survival rates from cardiac arrest were increased to 20%, about 40,000 lives could be saved. A strong Chain of Survival can increase a victim's chance of survival.

- Early access
- Early CPR
- Early defibrillation
- Early advanced care

### EARLY ACCESS

- Recognized that a cardiovascular emergency exists;
- **911** Immediately phoning Emergency Medical Services (Many communities have delays in emergency response. Why? Because house numbers are not assigned or properly displayed. Designating clear addresses for all residents lets emergency personnel easily find them.
- Early access only happens if you know who to call and when to call. Many people deny (or don't know) the symptoms of a cardiovascular emergency. Instead of phoning **911** first, some people call loved ones or their own doctor. This wastes precious time. That's why everyone needs to learn the warning signs and to call **911** first.
- **WARNING SIGNS OF A HEART ATTACK:**
- Chest discomfort. It can feel like uncomfortable pressure, squeezing, fullness, or pain.
- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- Shortness of breath. This feeling can occur with or without chest discomfort.
- Other signs. These may include breaking out in a cold sweat, nausea, or lightheadedness.
- **SIGNS OF CARDIAC ARREST:**
- Collapse and unresponsiveness
- Normal breathing stops
- Loss of signs of circulation

### EARLY CPR

- Early CPR means giving CPR promptly and properly when it's needed. When CPR is performed, rescue breathing and chest compressions circulate oxygen rich blood to vital organs. This buys time for the victim until defibrillation can be given.

### EARLY DEFIBRILATION

- Early defibrillation means delivering an electric shock to the heart within minutes of a cardiac arrest. Defibrillation is performed with a device called a defibrillator (AED).

### EARLY ADVANCED CARE

- Early advanced care means having qualified paramedics and other healthcare providers treating the victim as soon as possible. These professionals can stabilize people who suffer a cardiovascular emergency.