Save a Life in an Emergency
Learn CPR/AED/Basic First Aid

STOP THE BLEED
Lifesaving training is for *everyone*

cpr training

Franklin Hills Residents Association (FHRA) is offering a CPR CLASS
SATURDAY, JUNE 8, 11am-1pm
at the International School of Los Angeles Lycée International
4155 Russell Ave, Los Angeles, CA 90027

   This is an addition to FHRA's emergency safety and preparedness MAP YOUR NEIGHBORHOOD program. The non certified, general information CPR class that FHRA offers will teach you what to do in case of a sudden emergency if someone is choking or having a heart attack. You will learn how to perform CPR and how to use the Automated External Defibrillator (AED) after someone is in cardiac arrest and the 'Stop the Bleed'.
   Mike Hain, a certified CPR and First Aid instructor with the American Red Cross and the American Heart Association, and a 30-year resident in Los Feliz will be teaching the class.
   Your cost will be $30.00 per person. If you are not an FHRA member you may apply $15.00 of the fee toward an FHRA membership.* The cost of an annual FHRA membership currently is $35.00 for a family, $20.00 for an individual.
   The life you save could be your child, spouse, parent or a neighbor!

Subjects Covered: Life-Threatening Emergencies

Before Giving Care

Identify Behaviors	Emergency Action Steps
Scene Safety	Calling Emergency Personnel (9-1-1)
Recognizing Emergency Situations	Identify a Heart Attack
Good Samaritan Laws/Obtaining Consent	

CPR

Breathing/Choking	Rescue Breathing
Back Blows	Chest Compressions
Abdominal Thrusts	

AED
   When to Deploy and how to Use

BASIC FIRST AID

   First Aid Kit contents
   Treating Bleeding injuries
   Applying bandages
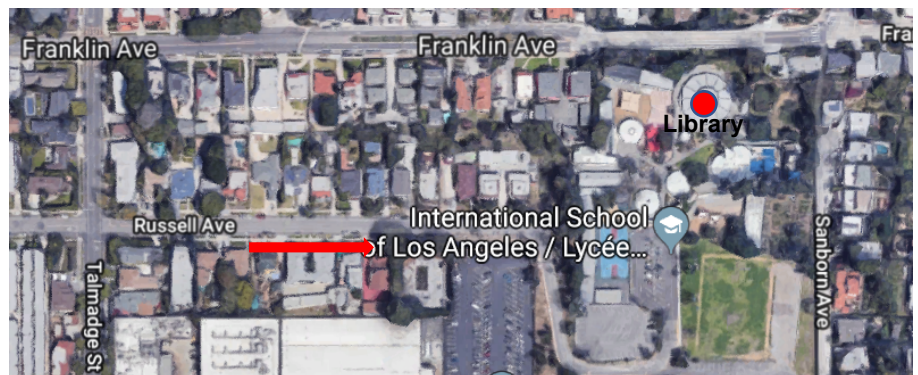
You must Register in Advance:
*Go to the FHRA website at https://www.franklinhills.org/join and click on the DONATE button. Or, bring cash or write a check payable to FHRA and bring it with you. Pay $30 for just the class, $35 for the class and a single FHRA membership, or $50 for the class and a household FHRA membership.

Contact Instructor for more information:
Michael Hain:
mikehain@yahoo.com
323.620.6520

FRANKLIN HILLS RESIDENTS ASSOCIATION