

# FAMILY & FRIENDS®



## Course Description

The Family & Friends CPR Course teaches the lifesaving skills of adult Hands-Only CPR, adult CPR with breaths, child CPR with breaths, adult and child AED use, infant CPR, and mild and severe airway block for adults, children, and infants. Family & Friends CPR is a classroom-based course, which includes lecture, video and hands-on practice. Family & Friends CPR is for people who want to learn CPR but do not need a course completion card in CPR for their job. This course is ideal for schools and students, new parents, grandparents, babysitters and others interested in learning how to save a life.

## Course Features

- Uses AHA's research-proven practice-while-watching technique, which improves learning and retention
- Classroom format works well for learners who prefer group interaction and feedback while learning skills
- Each student receives high-quality course materials for ongoing reference

## Course Content

- Adult Hands-Only CPR and AED; Adult CPR With Breaths (Optional)
- Mild and Severe Airway Block: How to Help a Choking Adult (Optional)
- Child CPR and AED
- Mild and Severe Airway Block: How to Help a Choking Child (Optional)
- Infant CPR
- Mild and Severe Airway Block: How to Help a Choking Infant (Optional)

## REGISTRATION INSTRUCTIONS

Go to [www.glensidefire.org/cpr.htm](http://www.glensidefire.org/cpr.htm) or visit the Glenside Fire Protection District at 1608 Bloomingdale Road, Glendale Heights

Or call (630) 668-5323 for more information

Cost: \$10 per person

Classes: Take place on a monthly basis

Location: Glenside Fire Station training room

Pre-registration and payment is required!