

# BE A LIFESAVER

WITH

## CONTINUOUS CHEST COMPRESSIONS CPR

*It's safe. It's easy. It's legal.  
It requires no mouth-to-mouth contact.*

### If you witness a sudden unexpected collapse in an adult follow these simple steps

- 1** Direct someone to call 911 or make the call yourself.
- 2** Position the patient on the floor. Place the heel of one hand on the center of the chest with the other hand on top of the first. Lock your elbows and perform forceful chest compressions at a rate of 100 per minute. Lift your hands slightly after each push to allow chest to recoil. Take turns with a bystander until paramedics arrive.
- 3** If an automated external defibrillator (AED) is available, attach it to the patient and follow the machine's voice instructions. Otherwise keep pumping.

**REMEMBER:** If you just call 911 and DO NOTHING, the person suffering cardiac arrest most likely WILL NOT SURVIVE!

**NOTE:** Gasping is not an indication of normal breathing or recovery. Initiate and continue compressions even if patient gasps.

*For cases of suspected drowning, drug overdose or collapse in children, follow standard CPR (2 mouth-to-mouth breaths for every 30 chest compressions).*

For more information please contact the  
**Sun City West Fire District 623-544-5400.**

# Adultcare Assistance

In-Home Private Care

"A caregiver at the right time, the right place and with the right training can be a physical, an emotional and a social LIFESAVER."



Voted Best  
in AZ

623-977-2223

*Caring for seniors since 1996*

### Adultcare Assistance Homecare

10404 W. Coggins Drive, Suite 101  
Sun City, Arizona 85351

AdultcareAssistance.com

# FREE CPR

## Chest Compression Only

2014



# Prepare Yourself to Help...

# 2014 Schedule

## Free CPR – 2 hour class

Chest Compression Only (CCO) CPR and Automated External Defibrillator (AED)

9:00 am – 11:00 am (4th Mondays)  
REGISTRATION REQUIRED

Jan 27	No May	Sep 22
Feb 24	Jun 23	Oct 27
Mar 24	Jul 28	No Nov
Apr 28	Aug 25	No Dec

## CPR – 4 hour class (\$15)

AHA Heartsaver CPR, Automated External Defibrillator (AED) and First Aid

8:00 am – noon (2nd Wednesdays)  
REGISTRATION REQUIRED

Jan 8	May 14	Sep 10
Feb 12	Jun 11	Oct 8
Mar 12	Jul 9	Nov 12
Apr 9	Aug 13	Dec 10

Traditional CPR, involving mouth-to-mouth rescue breathing, blocked airway and children. Recommended for hikers, RVers and others who might be a distance from professional help.



## CPR Classes (\$50)

AHA Healthcare Provider (BLS-refresher) CPR

8:30 am – 1:30 pm (Last Thursdays)  
REGISTRATION REQUIRED

Jan 30	May 29	Sep 25
Feb 27	Jun 26	Oct 30
Mar 27	Jul 31	No Nov
Apr 24	Aug 28	No Dec

For healthcare workers and others who may need CPR certification renewal.

## Did you know . . .

The latest method of CPR (Chest Compression Only) does not involve mouth-to-mouth rescue breaths. Also called "bystander CPR," this method is recommended for individuals who want to be able to assist a victim of cardiac arrest when professional help would be expected to arrive quickly.

**Your  
Safety  
is Our  
Priority.**



**Call (623) 544-5400**  
to register or for more info

Classes held at:  
Fire Administration Office  
18818 N Spanish Garden Dr.  
Sun City West, AZ, 85375

**(623) 977-2223**  
Adultcare Assistance Homecare