

Hands Only CPR & First Aid Training

What is it?

The **Hands Only CPR and First Aid Training** for Non-Healthcare Providers course is a video-based, Instructor-led course that teaches basic lifesaving hands only CPR and emergency response. This course trains participants to promptly recognize several life-threatening emergencies, give high-quality chest compressions and provide early use of an AED. Hands Only CPR and First Aid Training teaches skills using the **American Heart Association's** proven Practice-While-Watching technique, which allows Instructors to observe participants, provide feedback and guidance.

Course Covers

- 2015 American Heart Association Guidelines
- Concepts of high-quality CPR
- The American Heart Association Chain of Survival
- Early identification of life threatening emergencies

Primary Audience

This course is for non-healthcare professionals who want to know how to perform quality lifesaving hands only CPR skills, in a wide variety of out-of-hospital settings.

- ❖ Family and Friends
- ❖ Schools
- ❖ Faith Based Organizations
- ❖ Sororities and Fraternities
- ❖ Home Owner Associations

Who Are We:

Ms. Natasha Davis is the Trainer with **IBC CPR Training**. She is a certified AHA CPR Trainer and Registered Nurse with a specialization in Emergency and Trauma Care.

Pricing:

\$20 per person - Adults
\$10 per person - School Age Students



SAVE A LIFE

LEARN HANDS-ONLY™ CPR

Two steps to save a life:



Call Right Away!



**Push Hard & Fast in
the Center of the Chest!**



The AHA Hands Only CPR training is cutting-edge, not only in terms of its evidence-based content, but in its use of a well-tested methodology that can dramatically improve both the learning and retention of basic lifesaving skills.

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