

First Aid and CPR for Everyone: An Introduction to Basic Lifesaving Skills



Mention code #1008 and get a 10% discount. Greater discounts are available for large groups !

(Cannot be combined with any other offer. Other conditions apply)

Recent research has shown that continuous Compression Only CPR can be effective in caring for a person with no signs of life when a rescuer is unable, untrained or unwilling to perform full CPR. *First Aid and CPR for Everyone: An Introduction to Lifesaving Skills* was developed in response to this research. The product allows the public who are unable, or unwilling, to take formal training to become familiar with life-saving information.

A certified Red Cross Instructor can conduct this training for your group in less than two hours!

First Aid and CPR for Everyone is not intended to substitute for a formal training course.

Compression Practice Tool and Hand Placement Diagram: the tool is modeled after a typical ambulance vehicle and is made out of a sponge-like material. The use of an ambulance design helps to stress the important step to CALL 9-1-1 when responding to an emergency. The tool is designed to be placed on the flat, durable hand placement diagram illustrating a man's chest and engineered to allow the user to simulate a 2-inch depth of compression.

Instructional DVD: the DVD is approximately 45 minutes in length and will walk you through compression-only CPR and basic first aid. Add-ons to the DVD include vital information on how to recognize signs of stroke, review of the anatomy of a first aid kit, and overview of the American Red Cross Advisory Council on First Aid, Aquatics, Safety and Preparedness (ACFASP).

- Emergency Action Steps Wallet Card: the tri-fold wallet card provides full-color images and step-by-step directions for responding to a choking emergency, cardiac emergency and lifesaving information on CPR for adults, children and infants.

Emergency First Aid Guide: the Emergency First Aid Guide is a condensed-size booklet full of information about first aid, CPR, choking emergencies, how to recognize signs of heart attack, allergic reactions and more.