

# Community Education

## Heartsaver CPR/AED And First Aid Classes



### **Heartsaver CPR/AED - \$40**

The American Heart Association's Heartsaver CPR/AED class is designed for non-clinical people looking to learn CPR and receive a certification. This classroom course teaches basic CPR skills such as performing a head tilt- chin lift, giving compressions and breaths, as well as how to use an AED (automated external defibrillator). The course provides training for anyone who wants to learn basic CPR and obtain a two-year American Heart Association Heartsaver course completion card, but is not required to have a Healthcare Provider card.

### **Heartsaver First Aid - \$40**

The American Heart Association Heartsaver First Aid class covers the following topics:

- First Aid Basics – includes scene safety, finding the problem and calling for help
- Medical Emergencies – includes actions for choking, breathing problems and shock
- Injury Emergencies – includes actions for bleeding, broken bones and burns
- Environmental Emergencies – includes actions for bites and stings, and temperature and poison-related emergencies

*Both courses can be taught together for \$60.*

Those who would like more information, or to schedule a class, may contact Christian Loosemore, community health educator, at **(989) 246-6291** or **[christian.loosemore@mymichigan.org](mailto:christian.loosemore@mymichigan.org)**.

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