

**YOU can
SAVE
A LIFE!**

**WE can
show you how.**



**Learn Hands-Only CPR...
it's easy, fast and fun!**

Contact Consolidated Fire District No 2
913-432-1105 -or- <http://cfid2.org>



Program Partners:

Consolidated Fire District #2
Johnson County Fire District #1
Johnson County Fire District #2
Leawood Fire Department
Lenexa Fire Department
Merriam Fire Department
Northwest Consolidated Fire Department
Olathe Fire Department
Overland Park Fire Department
Shawnee Fire Department

Menorah Medical Center
Olathe Health System
Shawnee Mission Health
Saint Luke's Health System

Johnson County MED-ACT

Johnson County EMS System
(Medical Director, Dr. Ryan Jacobsen)

Johnson County
Emergency Communications Center

Heart of America Metro Fire Chiefs Council
HeartSafe Community

For more information, go to:
www.JoCoHeartSafe.org

**Are YOU
up for the
CHALLENGE?**



THE GOAL:

Train **25,000**
Johnson County citizens
in Hands-Only CPR!

WHAT YOU CAN DO:

Schedule a training for yourself,
your community group, business
or school by contacting:

Kelly Kuhl
913-432-1105
Kelly.Kuhl@cfid2.org

WHO

should learn
Hands-Only CPR?

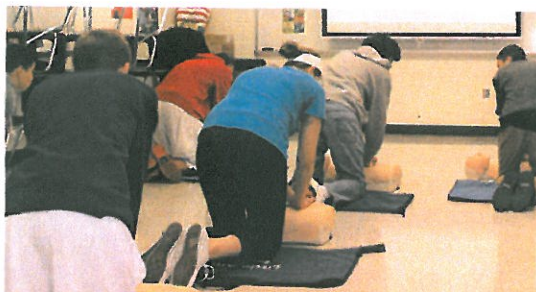
EVERYONE!

Businesses: big and small
Volunteer Organizations
NonProfit Groups
Athletes
Churches
Civic Groups
Book Clubs
Youth Sports Teams
Family Caregivers
Youth Organizations

Community Groups and Organizations
Colleges, High Schools and Middle Schools
Neighborhood Associations
Boy Scouts and Girl Scouts
Recreation Centers/Health Clubs
Workplace Wellness Programs
Women's and Men's Groups
The list goes on and on!



**TRAINING
IS FAST!**
Learn in
about
**ONE
HOUR!**



WHAT

you will learn
during training...



- How Cardiac Arrest differs from a Heart Attack
- Why it is so important to call 9-1-1.
- What is bystander CPR and why is it so important?
- What is Hands-Only CPR and how is it different from traditional CPR methods?
- How to recognize Cardiac Arrest.
- How to perform Hands-Only CPR.
- How to use an AED (Automated External Defibrillator)

WHY

**Hands-Only CPR
is so important!**

HEART DISEASE

is the number ONE killer of men AND women in the United States.

It claims as many as 511,000 lives each year!

70-80%

of Cardiac Arrest Calls happen AT HOME!
The life you will learn to save may very well be a family member.

DON'T WAIT

until the ambulance arrives!
IMMEDIATE bystander CPR can double or triple the chance of survival!

