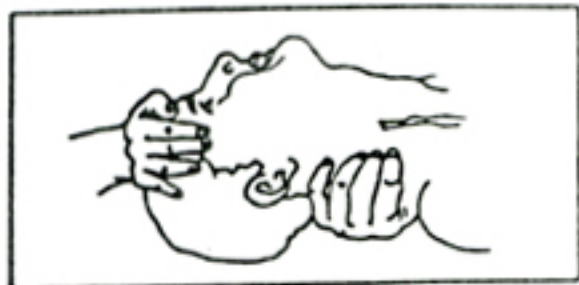


CARDIOPULMONARY RESUSCITATION

CPR



CARDIOPULMONARY RESUSCITATION



You're shopping at a grocery store when the man at the checkout counter gasps, clutches his chest, and falls to the floor. He begins to turn blue and his breathing ceases. What would you do?

If you've taken a Red Cross cardiopulmonary resuscitation (CPR) course, you may save his life.

Most cardiac fatalities occur outside the hospital. Many of the thousands of fatalities each year could have been prevented if basic life support emergency first aid had been given in the first few seconds after cardiac arrest.

The American Red Cross, a volunteer organization committed to the alleviation of suffering and the saving of human life, offers courses of instruction in CPR. The courses also increase awareness of early warning signs, risk factors, and symptoms.

What CPR Is

CPR, or cardiopulmonary resuscitation, provides artificial circulation and breathing to a person whose heart and lungs have stopped functioning because of a heart attack, shock, drowning, or other cause. External cardiac compressions administered manually are alternated with mouth-to-mouth resuscitation in order to stimulate the natural functions of the heart and lungs, and so to save a life.

Who Needs CPR Training

You need CPR training. CPR is a skill that could save the life of someone anytime, anywhere, because cardiac arrests are a fact of daily life. But police officers, fire fighters, rescue squad members, paramedic groups, and families of cardiac patients especially should investigate and take CPR training now.