



LET'S LEARN CPR!!

The Health Cabinet is offering an Adult and Infant CPR class on Saturday, January 13th, from 8 am to 11 am. It is recommended that CPR be reviewed at least every three years. The CPR procedure will be practiced and Redeemer's AED will be located and reviewed. A sign-up sheet is available at the Welcome Center in the Narthex.

Cardiac arrest is when a person's heart malfunctions and stops beating properly. It can occur suddenly and will cause death if proper treatment is not immediately started. According to the American Heart Association, more than 350,000 cases of cardiac arrest cases happen *outside the hospital* each year in the United States.

The class will teach you to:

- 1) Recognize the symptoms of cardiac arrest. A person may suddenly collapse and will not respond when you call his/her name or tap his/her shoulder. He/she will have stopped breathing or may only be gasping for air.
- 2) Learn and practice the procedure for CPR. Ask someone nearby to immediately call 911 and retrieve an Automatic External Defibrillator (AED). If you are alone, call 911, and get the AED yourself.
- 3) Administer CPR
- 4) Use the AED as soon as it is available. Follow the prompts on the machine. Continue giving CPR until emergency services arrive to help.

Cardiopulmonary Resuscitation (CPR) is an important skill for everyone to learn, even if you don't work in the health field! Anyone can experience cardiac arrest at any time, and effective CPR and AED use may save that person's life.

**Questions? Contact Kathy Zarling, 507-398-7036
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Information in this article is from the American Heart Association;
www.heart.org