

HANDS ONLY CPR

FREE TRAINING

Event: Stop The Bleed and Hands-Only CPR Training

Cost: Free

Date: October 1, 2024

Time: 6pm to 7pm

Location: East Bangor Fire Department Social Hall
30 East Central Avenue, East Bangor, PA

Hosted by: East Bangor Borough Mayor Confalone,
Fire, Rescue and EMS Agencies.

Who: All are welcomed, please register, see below.

Join Us for a Life-Saving Community Training Event!

Emergencies can happen anywhere and at any time. Join us for a comprehensive training session on Hands Only CPR and Stop the Bleed. The training is designed for community residents and businesses. With 70 percent of all out-of-hospital cardiac arrests happening at home, if you're called on to perform Hands Only CPR, you'll likely be trying to save the life of someone you know and love. Hands-Only CPR carried out by a bystander has been shown to be as effective as CPR with breaths in the first few minutes during an out-of-hospital sudden cardiac arrest for an adult victim.

Registration is requested but not required.

Unregistered may not be able to participate if the session is full.

Smart Phones can scan QR Code
for Registration Form:



Registration click: <https://docs.google.com/forms/d/e/1FAIpQLSc2A9G5nlybgjMyTc97HCrOeVj2QHA1RhOiNUSv7m7H6ud1JA/viewform>

TRAINING INCLUDES

- Help people respond quickly and confidently in an emergency
- Perform chest compressions correctly
- Recognize the signs of sudden cardiac arrest
- Identify life-threatening bleeding
- Use a tourniquet effectively
- Apply pressure to wounds to control bleeding
- No age requirement
- May not meet employment requirements

STOP THE BLEED