

# Ollie

## CPR Training

The American Red Cross offers a variety of safety training and certification courses, including first aid, CPR, babysitting/childcare, swimming/water safety and lifeguarding. Use the “find a class” application to locate courses near you, and register online to get started. The American Heart Association provides a similar CPR class locator.

Administering CPR immediately after a medical emergency

# SAVES MORE LIVES

↳ doubling or tripling a person's chance of survival  
(that's 100,000 to 200,000 lives per year!)

**BUT** only 46% of people who suffer a cardiac event get the help they need before professional help arrives.



push at a rate of  
about 100-120  
compressions  
per minute

that's the  
beat of the  
BeeGee's classic



**STAYIN' ALIVE**

since 70%  
of

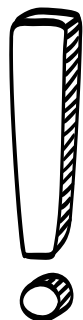
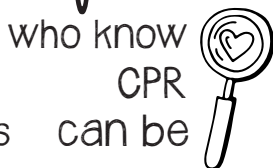
cardiac/

breathing events  
occur at home

TEENS

who know  
CPR

can be  
lifesavers!



# CPR IS NOT JUST FOR HEART ATTACKS

it can save the lives of  
people suffering from

Accidental injuries, including  
drowning + choking, are the leading  
causes of death in children



- Electric Shock
- Drowning
- Severe Allergic Reactions
- Choking
- Drug Overdose
- Suffocation



Sources: American Heart Association; AmericanCPR.com