

Questions & Answers

When do I receive my CPR card?

Your American Heart CPR card will be mailed to you after you have completed the class.

How long is the CPR card good for?

All CPR course cards are good for 2 years.

How do I pay for the class?

We accept cash, money orders, or corporate checks.

What should I wear?

The courses involve hands-on practice sessions so please, wear something comfortable that you can move around in. If you have long hair it's best to wear it back.

Would First Action CPR Training come to my location for a class?

Absolutely!

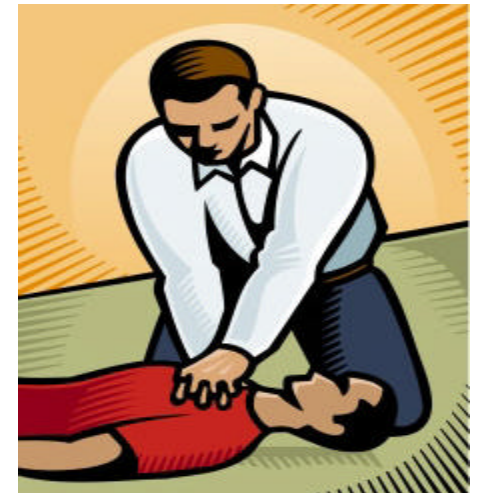
Does First Action CPR offer CPR classes for individuals?

Absolutely!

Is CPR difficult to learn?

CPR classes consist of knowledge and skills, both of which can be learned by almost any able-bodied person, adult or teenager. It is important, however, to pay close attention to the specifics of all instructions in the class.

Learn How to Save a Life!



The first action you take may save a life!

First Action CPR

Canton, GA 30114

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Call: 770-652-9051

First Action CPR

CPR and First Aid Training

Life is Precious to us all, we spend much of our spare time with our loved ones. If one of them was to stop breathing think of how you would feel knowing you could save there life.

Almost 80 percent of cardiac arrests occur at home and are witnessed by a family member

Only 6.4 percent of sudden cardiac arrest victims survive because the vast majority of those witnessing the arrest are people who do not know how to perform CPR.

Bystander CPR doubles survival rates. Recent data suggests that more emphasis should be placed on reducing the time from a collapse to the start of CPR. The American Heart Association's goal is to increase CPR training from the current 9 million people per year to 20 million people by the year 2010.

In these uncertain times, being well prepared for the unpredictable can save the life of someone you know or love.

First Action CPR Training, can teach you what you need to know if you are ever confronted with one of these scenarios. We are an onsite service that brings the instruction to your location of office or home. First Action CPR can create a class that is right for you. There are a variety of CPR classes, including First Aid and Infant CPR.

All materials are provided and we come to your place of business. Classes can be held on your schedule with prior notice. Please contact us to schedule a class.



CPR Facts and Statistics

- About 75 percent to 80 percent of all out-of-hospital cardiac arrests happen at home, so being trained to perform cardiopulmonary resuscitation (CPR) can mean the difference between life and death for a loved one.
- Effective bystander CPR, provided immediately after cardiac arrest, can double a victim's chance of survival.
- Approximately 95 percent of sudden cardiac arrest victims die before reaching the hospital.
- Death from sudden cardiac arrest is not inevitable. If more people knew CPR, more lives could be saved.
- Brain death starts to occur four to six minutes after someone experiences cardiac arrest if no CPR and defibrillation occurs during that time.
- If bystander CPR is *not* provided, a cardiac victim's chances of survival fall 7 percent to 10 percent for every minute of delay until defibrillation.
- Sudden cardiac arrest is most often caused by an abnormal heart rhythm called ventricular fibrillation (VF). Cardiac arrest can also occur after the onset of a heart attack or as a result of electrocution or near-drowning.
- When sudden cardiac arrest occurs, the victim collapses, becomes unresponsive to gentle shaking, stops normal breathing and after two rescue breaths, still isn't breathing normally, coughing or moving.

About First Action CPR

First Action CPR was created out of the need to provide quality training for Georgia and the surrounding states.

Our instructor is experienced to teach health-care professionals, life guards, baby sitters, nanny's, construction workers, foster parents, the general public, security personnel, daycare centers, and the corporate sector. We are available to teach at your facility. In addition, we also provide CPR with Automated External Defibrillation (AED) training.

Our courses follow and maintain American Heart Association guidelines and standards as well as National Safety Council and American Safety and Health Institute (ASHI) standards. Courses can be customized to meet the individual client's needs.

To schedule a class contact us:

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