

CPR/AED: You can save a life.

Cardiac arrests are the leading cause of adult death in this country.

Much of the time, they happen in the home or at work. In those first few seconds, having someone nearby who knows how to perform CPR (cardiopulmonary resuscitation) and how to use an AED, or automatic external defibrillator, can mean the difference between life and death.

There are several local resources available for CPR/AED training:



All Pro CPR:

www.allprocpr.com



Life Rescue CPR: Cindy Speer (303)932-6268

Liferescuecpr@comcast.net



**American
Red Cross**

American Red Cross:

<http://www.redcross.org/ux/take-a-class/program-highlights/cpr-first-aid>

American Heart
Association



American Heart Association:

http://www.heart.org/HEARTORG/CPRandECC/CPR_UCM_001118_SubHomePage.jsp



American Safety and Health Institute: <http://www.hsi.com/>



West Metro
Fire Rescue