

# 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](http://www.allprocpr.com)



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

[Liferescuecpr@comcast.net](mailto: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](http://www.heart.org/HEARTORG/CPRandECC/CPR_UCM_001118_SubHomePage.jsp)



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



West Metro  
Fire Rescue