

# CPR/AED PRO

*Learn several important techniques not taught in regular CPR courses:*

*Artificial Ventilation*, or giving rescue breaths to a person who has stopped breathing but still has a pulse/heartbeat. This can prevent cardiac arrest and the need for CPR. It is often all that is needed to revive children.

*Jaw-thrust Technique Without Head Extension*, or how to give CPR to a person with a suspected head, neck or spinal injury to avoid exacerbating the injury. Wilderness first aid courses devote much time to head, neck and spinal injuries, discussing the importance of keeping the person still and maintaining an open airway. But wilderness first aid and regular CPR fail to teach how to maintain an open airway without moving the neck. CPR PRO does!

*Two-Rescuer CPR*, or how to share the responsibility of CPR rescue breaths and chest compressions between two people. This increases the percentage of time CPR chest compressions are performed, and thus increases the chances of survival. It also eases the physical burden of giving CPR. It benefits any group when people trained in wilderness first aid are also trained in CPR PRO, and know how to perform CPR as a team.

*Multiple-Rescuer CPR*, or how to share the responsibility of CPR rescue breaths and chest compressions between three to four people. This further increases the percentage of time CPR chest compressions are given, and the chances of survival. It also makes giving CPR much less physically demanding.

*Using a Resuscitation Pocket Mask*, these sturdy palm-sized masks with a one-way valve protect the rescuer from infectious diseases (bloodborne pathogens) and from any discharge such as frothing or vomiting.

*Using a Bag-Valve-Mask Resuscitator*, two or more rescuers can use a hand-held bag-valve-mask instead of giving rescue breaths by mouth. This makes giving CPR easier and increases the percentage of oxygen in the air being given, increasing the chances of survival.



images: vecteezy.com

**Endorsements:** This course meets requirements for BSA Lifeguard, many paid and volunteer positions requiring CPR/AED for professional rescuers, and the CPR/AED prerequisite for wilderness first aid courses.

**Prerequisites:** None.

**Equipment:** You will need to purchase a course manual from the Red Cross or download it (free)—information will be sent to you before the course begins. You *must* bring the manual and a pen/pencil and paper to class. It is recommended you bring kneepads/kneeling cushion or a folded towel/blanket.

**CEUs:** Continuing Education Units are available. Please verify your organization will accept CEUs obtained through Red Cross courses. Details will be provided during class.

---

**DATE:** SATURDAY, OCTOBER 5, 2019

**TIME:** 9:00 AM to 5:30 PM. (PLEASE BRING YOUR LUNCH. COFFEE AND TEA WILL BE PROVIDED.)

**LOCATION:** VERDUGO HILLS COUNCIL - BSA, 1325 GRANDVIEW AVE., GLENDALE, CA 91201

**COST:** \$35

**REGISTER BY:** SEPTEMBER 21, 2019

**TO REGISTER:** SEE REVERSE SIDE OF THIS FLYER

**QUESTIONS?** PHONE: Marlene Lugg, Dr. P.H. (818) 882-4526

THERE IS A NO REFUND POLICY FOR THIS COURSE AFTER SEPTEMBER 21

---

---

**To Register:**

Complete the information below. Register in person at the Council store with cash, card, or check; or mail with a check to the Council address. Make checks payable to Verdugo Hills Council-BSA.  
VERDUGO HILLS COUNCIL – BSA, 1325 GRANDVIEW AVE., GLENDALE, CA 91201

---

---

**CPR/AED PRO, OCTOBER 2019**

REGISTER BY SEPTEMBER 21, 2019

\$ \_\_\_\_\_ CPR/AED PRO = \$35  
*If you already have a CPR pocket mask, deduct \$9 (\$26)*



*No refunds after September 21*

Name: \_\_\_\_\_ e-mail: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Telephone No.: \_\_\_\_\_

I am affiliated with Girl Scouts: Troop \_\_\_\_\_, Council \_\_\_\_\_

I am affiliated with Boy Scouts: Pack, Troop or Post \_\_\_\_\_, Council \_\_\_\_\_

I am affiliated with: \_\_\_\_\_  
*(other organization)*

Accommodations requested:  No  Yes: \_\_\_\_\_

---

mml: 19.05.13

VERDUGO HILLS COUNCIL – BSA, 1325 GRANDVIEW AVE., GLENDALE, CA 91201 (818) 243-6282

**Verdugo Hills Council High Adventure Team [www.vhchat.org](http://www.vhchat.org)**