

Carbondale Fire District Community CPR/AED Class Sign-Up

Upcoming Classes

<i>Sign up for:</i>	<i>Time</i>	<i>Date</i>
<input type="checkbox"/> Carbondale Fire Station	6 P.M.	June 27
<input type="checkbox"/> Carbondale Fire Station	6 P.M.	August 15
<input type="checkbox"/> Carbondale Fire Station	6 P.M.	October 24
<input type="checkbox"/> Redstone Fire Station	10 A.M	September 14

Name _____

Address _____

Phone _____

E-mail _____

To Register For A Class:
Please fill out the above form or email
the information to:
office@carbondalearfire.org



Learn Hands-Only CPR at the Carbondale Fire District!

You can truly be the difference in someone's life! Learn How to be that difference.

The Carbondale Fire District is offering Hands-Only CPR and AED training this summer. Check out the schedule in this brochure and sign up today.

Sign-up by:
Calling 970-963-2491 or,
Email at office@carbondalearfire.org
Or, fill out the sign-up form in this brochure and bring it by the Carbondale Fire District Headquarters at 300 Meadowood Drive, Carbondale, CO 81623

Limit 20 Students Per Class!

Community CPR and AED



You Can Be a Lifesaver!

Phone: 970-963-2491
Web site: carbondalearfire.org

Sudden Cardiac Arrest

What Is Sudden Cardiac Arrest?

Sudden cardiac arrest (SCA) is a condition in which the heart suddenly and unexpectedly stops beating. If this happens, blood stops flowing to the brain and other vital organs. SCA usually causes death if it's not treated within minutes.

For more information visit [The Sudden Cardiac Arrest Foundation](http://www.sca-aware.org) web site.

Who Is at Risk for Sudden Cardiac Arrest?

The risk of sudden cardiac arrest (SCA) increases with age. The risk also is higher if you have underlying heart disease. Men are two to three times more likely to have SCA than women.

SCA rarely occurs in children unless they have inherited problems that make them likely to have SCA. Only a very small number of children have SCA each year.

Major Risk Factors

The major risk factor for SCA is coronary artery disease (CHD). Most people who have SCA have some degree of CHD. However, these people may not know that they have CHD until SCA occurs.

For more information about CHD risk factors, go to the Sudden Cardiac Arrest Foundation website at:

www.sca-aware.org

Sudden Cardiac Arrest

What Are the Signs and Symptoms of Sudden Cardiac Arrest?

Usually, the first sign of sudden cardiac arrest (SCA) is loss of consciousness (fainting). At the same time, no heartbeat (or pulse) can be felt. Some people may have a racing heartbeat or feel dizzy or light-headed just before they faint. Within an hour before SCA, some people have chest pain, shortness of breath, nausea (feeling sick to the stomach), or vomiting.

Outlook

Most people who have SCA die from it—often within minutes. Rapid treatment of SCA with a defibrillator can be lifesaving. Automated external defibrillators (AEDs) can be used by bystanders to save the lives of people who are having SCA.

What Can I Do?

CPR and AED

No medical training is required to administer CPR and use an AED. You should not hesitate to take action even if you have not been trained. You cannot do anything incorrectly. Only inaction will result in death for the victim who is already lifeless. All AED'S are completely self instructive and will automatically deliver the level of electrical shock the victim requires.

Community CPR and AED Classes

Here at the Carbondale & Rural Fire Protection District, we believe that everyone in our community should be educated in performing CPR and AED usage.

The Carbondale Fire District has established a Community CPR and AED training program for 2013. We are encouraging people of all ages to become trained in how to perform CPR and learn to use an AED. The training classes are fun and easy to learn.

The Carbondale Fire District will be conducting training classes at various community locations over the next few months. Check out the schedule in this flyer and look for notices of our upcoming training sessions which are free and open to the public.

For more information on CPR and AED training and how to purchase an AED for your business or organization please contact the Carbondale Fire District at: office@carbondalefire.org

Carbondale Fire District
300 Meadowood Drive
Carbondale, Colorado 81623

Phone: 970-963-2491
Fax: 970-963-0569
E-mail: office@carbondalefire.org