

**CPR Made Simple: Essential emergency skills for the workplace...
because your co-workers are counting on you.**



- 1-Hour Non-Certified Training – Saves TIME
- Low-Cost Course – Saves MONEY
- Emergency Skills for the Workplace – Saves LIVES

Let the American Red Cross help improve your business' bottom-line by preparing your employees to respond to emergencies with CPR Made Simple

- **1-Hour CPR Training:** CPR Made Simple can be delivered in as little as one hour.
- **Skills Focused Presentation:** We simplified CPR training to focus on skills needed to save a life. Lecture is kept to a minimum and most of the time is spent practicing CPR skills.
- **Inexpensive Non-Certified Program:** For \$15 per person, we will come to your facility and provide training.

Whatever your profession, your co-workers are counting on you for their safety.

The Facts:

- When a person's heart stops, brain death occurs in as little as 8 -10 minutes.
- In Omaha, the average response time from when a person recognizes an emergency to the arrival of EMS is approximately 8 ½ minutes.
- In most cases, if care is not being provided by co-workers before the arrival of EMS, the victim will not survive.

For more information on programs in the Omaha area or to register for classes, call (402) 343-7730 or visit www.redcrossomaha.org

**Trained. Empowered.
Prepared.**

