

CPR Training

2/23/2023

10:00AM

1080 Stone Brook Lane, Costa Mesa, CA, 92627
(Club House next to Tennis Court & Pool)

Hands on CPR training conducted by an instructor for the police department. Dummies will be provided so you can actually perform CPR as you are being instructed. This is a non-certification course and certification will not be available. The instructor will also show us how to perform the Heimlich maneuver. The course should last 90-120 minutes. Cost is \$10/person. Please pay the instructor at the event. While this is a PCC event your friends, family & neighbors are welcome to attend. Please send me a note with the names of the people attending, so I can track the number of people attending.

Depending on the number of attendees, we will either order lunch (Pizza or Chinese) or go to a nearby restaurant after the class.

Send responses to:

Gary Uchino

email: guchino@sbcglobal.net

Cell: 714-746-4279

CPR FACTS

1. CPR Saves Lives.

Currently, about 9 in 10 people who have cardiac arrest outside the hospital die. But CPR can help improve those odds. If it is performed in the first few minutes of cardiac arrest, CPR can double or triple a person's chance of survival.

2. Cardiac Arrests Often Happen at Home.

About 350,000 cardiac arrests happen outside of hospitals each year—and about 7 in 10 of those happen at home. Unfortunately, about half of the people who experience cardiac arrests at home don't get the help they need from bystanders before an ambulance arrives.

3. You Don't Need Formal Training to Perform CPR.

You don't need a special certification or formal training to perform CPR, but you do need education. If cardiac arrest happens to someone near you, don't be afraid—just be prepared!