

# BE A LIFESAVER

WITH

## CONTINUOUS CHEST COMPRESSIONS CPR

*It's safe. It's easy. It's legal.  
It requires no mouth-to-mouth contact.*

### If you witness a sudden unexpected collapse in an adult follow these simple steps

- 1** Direct someone to call 911 or make the call yourself.
- 2** Position the patient on the floor. Place the heel of one hand on the center of the chest with the other hand on top of the first. Lock your elbows and perform forceful chest compressions at a rate of 100 per minute. Lift your hands slightly after each push to allow chest to recoil. Take turns with a bystander until paramedics arrive.
- 3** If an automated external defibrillator (AED) is available, attach it to the patient and follow the machine's voice instructions. Otherwise keep pumping.

**REMEMBER:** If you just call 911 and DO NOTHING, the person suffering cardiac arrest most likely WILL NOT SURVIVE!

**NOTE:** Gasping is not an indication of normal breathing or recovery. Initiate and continue compressions even if patient gasps.

*For cases of suspected drowning, drug overdose or collapse in children, follow standard CPR (2 mouth-to-mouth breaths for every 30 chest compressions).*

For more information please contact the  
**Sun City West Fire District 623-584-3500.**

# Adultcare Assistance

In-Home Private Care

"A caregiver at the right time, the right place and with the right training can be a physical, an emotional and a social LIFESAVER."

Doctor  
Recommended

623-977-2223

*Caring for seniors since 1996*

**Adultcare Assistance Homecare**

10404 W. Coggins Drive, Suite 101  
Sun City, Arizona 85351

[www.adultcareassistance.com](http://www.adultcareassistance.com) 

Printing provided by Adultcare Assistance Homecare

# FREE CPR

## Chest Compression Only



# Prepare Yourself to Help...

# 2013 Schedule

## Free CPR – 2 hour class

Chest Compression Only and Automated External Defibrillator

### PORA

13815 Camino Del Sol  
Sun City West, AZ

*9:00 am – 11:00 am (3rd Tuesdays)*

REGISTRATION REQUIRED

Jan 15	May 21	Sep 17
Feb 19	Jun 18	Oct 15
Mar 19	Jul 16	Nov 19
Apr 16	Aug 20	Dec 17

## Free CPR – 4 hour class

AHA Heartsaver CPR, Automated External Defibrillator and First Aid

### Palm Ridge Rec Center

13800 Deer Valley Dr. - Acacia Room  
Sun City West, AZ

*8:00 am – noon (1st Wednesdays)*

REGISTRATION REQUIRED

Jan 2	May 1	Sep 4
Feb 6	Jun 5	Oct 2
Mar 6	Jul 3	Nov 6
Apr 3	Aug 7	Dec 4

## CPR Classes (\$50)

AHA Healthcare Provider (BLS-refresher) CPR

### Fire Station 103

13431 W. Deer Valley Rd.  
Sun City West, AZ

*8:30 am – 1:30 pm (Last Thursdays)*

REGISTRATION REQUIRED

Jan 31	May 30	Sep 26
Feb 28	Jun 27	Oct 31
Mar 28	Jul 25	No Nov
Apr 25	Aug 29	No Dec

## Did you know ...

The latest method of CPR (Chest Compression Only) does not involve mouth-to-mouth rescue breaths. Also called "bystander CPR," this method is recommended for individuals who want to be able to assist a victim of cardiac arrest when professional help would be expected to arrive quickly.

Traditional CPR, involving mouth-to-mouth rescue breathing, blocked airway and children. Recommended for hikers, RVers and others who might be a distance from professional help.



## Your Safety is Our Priority.



**Call (623) 584-3500**  
to register or for more info

*Everyone is welcome to attend*

**(623) 977-2223**  
Adultcare Assistance Homecare