

## ANNOUNCEMENT OF A RARE OPPORTUNITY



### LEARN HOW TO RESPOND IMMEDIATELY TO A RESPIRATORY OR CARDIAC EMERGENCY, AND POSSIBLY SAVE A LIFE

The BCCA and the BEARR GROUP are partnering this month (July, 2022) with WARREN COUNTY FIRE & RESCUE (WCFR) to offer a 4-hour cardiopulmonary resuscitation (CPR) training program for members of our community.

#### **WHAT IS CPR?**

*Cardiopulmonary resuscitation (CPR) is an emergency procedure that combines chest compressions often with artificial ventilation in an effort to manually preserve intact brain function until further measures are taken to restore spontaneous blood circulation and breathing in a person who is in cardiac arrest. This program will train participants in how to recognize a life-threatening emergency, how to provide basic life support, and what to do in case of an airway obstruction or choking.*

This Community CPR program is part of a new initiative by the WCFR - under the direction of Deputy Emergency Coordinator Lt. Rick Farrall - to respond to the ever-changing needs of local communities in Warren County. The trainer will be Laurie Hanley, a WCFR volunteer and highly experienced emergency nurse.

#### **WHERE WILL THIS TRAINING TAKE PLACE?**

This training will take place in the Community Room in the Warren County Public Safety Building located at 200 Skyline Vista Dr, Front Royal, VA 22630 (next to Skyline High School). Transport there and back from Browntown/BCCA can be made available if needed.

**DATES AND TIMES:** THE PROGRAM WILL BE OFFERED TWICE- ON THURSDAY, JULY 14, AND AGAIN ON THURSDAY JULY 28, FROM 12 TO 4PM. EACH CLASS HAS A LIMIT OF 10 STUDENTS.

**COST:** \$15/person (to cover the cost of specialized materials used in the program). Checks should be made payable to Warren County Fire and Rescue and in the check's memo line please write CPR class.

#### **NEXT STEP:**

TO RESERVE YOUR PLACE OF ONE OF THESE PROGRAMS PLEASE CONTACT MARY MCLAUGHLIN AS SOON AS POSSIBLE -Call 540-636-1211 or text 540-974-9672

#### **PLEASE NOTE:**

Make sure to wear comfortable clothes as participants will be up and down on the floor with manikins multiple times. Victims of medical emergencies typically end up on the floor or ground so being able to get down and render aid is important.