



Town of Westmoreland CPR/AED & Stop the Bleed Training Classes Saturday, May 16, 2026 @ 9:00am

You walk into your kitchen and suddenly find a loved one unconscious on the floor or maybe you or a family member has seriously cut themselves. You immediately call 911 but it will take several minutes before help arrives. What you do during those minutes may help save your or your loved one's life. Do you know what to do?

Cheshire County Emergency Medical Services and the Westmoreland Volunteer Fire Department want to help make sure that you do! We will be holding two FREE classes at the Westmoreland Fire Station:

- **CPR/AED** - Saturday, May 16th at 9:00am. This 3 1/2 hour class will teach you the latest one and two person CPR techniques, as well as how to use an automated external defibrillator (AED), often found in public locations.
Maximum class size is 20.
- **STOP THE BLEED** - Saturday, May 16th at 1:00pm. This 90 minute class will be a hands on demonstration/practice of methods to stop serious bleeding incidents.
Maximum class size is 20.

Participants of these classes will receive certification cards if needed for work or volunteer efforts. Course instructors CCEMS Chief/Paramedic Mark Kreamer and Westmoreland Deputy Fire Chief/AEMT Graham Gitchell will lead these trainings for participants 18 years of age or older.

Registration for one or both classes is first come first served. Registration opens at 8:00am, April 20th and closes at 5:00pm, May 8th

To Register: Contact Danielle Bishop at: dbishop@cheshireems.com or call 603-355-1900 ext 4. Space is limited so please only register if you know you will attend.

Just a few hours of training and YOU will be the one who knows what to do!