



TOWN OF WESTMORELAND Community CPR/AED and/or Basic 1st Aid & Stop the Bleed Training

November 17, 2024

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 or injured 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** - Sunday, November 17th at 9:00am. This 4-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 12.
- **BASIC 1st AID & STOP THE BLEED** - Sunday, November 17th at 1:30pm. This is a two-part course that runs until approximately 4:30. Maximum class size is 20.

Participants of these classes will receive certification cards through the Emergency Care and Safety Institute and/or Stop the Bleed. Course instructors CCEMS Deputy Chief/Paramedic Mark Kreamer, Community Liaison/NREMT Sara Cannell, and Westmoreland Deputy Fire Chief/AEMT Graham Gitchell will provide these trainings to participants 12 years of age or older.

Registration for one or both classes is first come first served. Registration opens at 8:00am, October 14th and closes at 5:00pm, November 8th.

To Register: Contact Sara Cannell at: scannell@cheshireems.com or call 603-722-8229. 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!