

# Learn First Aid/CPR/AED!



**Saturday, July 28, 2018**

**9:00 AM to 3:30 PM**

**Holy Virgin Mary Coptic Orthodox Church  
4900 Cleland Ave, Los Angeles, CA 90042**



This class will teach you what to do in case of a sudden emergency to someone who is choking or having a heart attack. How to perform CPR and how to use the AED after someone is in a cardiac arrest, and basic first aid. **Caution: Some of the wound images will be a little graphic, i.e. PG-13.**

**Cost: \$50 in advance  
\$60 day of event  
1/2 price if no official certification is requested**

**You can pay the instructor via check, PayPal, Venmo or cash.  
PayPal (mikehain@yahoo.com), Venmo (@Mike-Hain-1)**

After the session, everyone will receive documentation stating completion of the course from an authorized instructor from the American Red Cross. However, for the 1/2-price fee, it will not be an official American Red Cross certification.

**REGISTER AS SOON AS POSSIBLE. THERE IS A STRICT LIMIT OF PARTICIPANTS.**

**See the registration information at <http://mtwashingtonjessica.org>**

- All are welcome (minimum age 13 years old).
- Wear comfortable clothes for the floor exercises.
- Bring a sack lunch.

## Subjects Covered: Life-Threatening Emergencies

### Before Giving Care

Identify Behaviors  
Scene Safety  
Recognizing Emergency Situations  
Good Samaritan Laws/Obtaining Consent  
Emergency Action Steps

Moving an Injured Individual  
Calling Emergency Personnel (9-1-1)  
Recognizing Shock and Treatment  
Identify a Heart Attack

### BASIC FIRST AID

First Aid Kit contents  
Treating Bleeding injuries  
Embedded objects  
Burns  
Electrical injuries  
Sport related injuries (Sprains, strains, broken bones and head trauma)  
Sudden Poisoning  
Identify common local poisonous plants and treatment

Animal bites  
Applying several types of bandages (triangle, sling and roller bandage)  
Sudden Illnesses  
Fainting, diabetic emergencies, seizure, stroke and allergic reactions  
Heat Related Emergencies  
Cold Related Emergencies

**CPR**— Breathing/Choking, Back Blows, Abdominal Thrust, Rescue Breathing, Chest Compressions

**AED** — When to Deploy and How to Use

### For more information:

Instructor: .... Michael Hain, [mikehain@yahoo.com](mailto:mikehain@yahoo.com)  
MWJN Liaison: ..... Pierre Landry, [landryph@aol.com](mailto:landryph@aol.com)