



**FIRE AND SAFETY EQUIPMENT, LLC.**  
**PROTECTING AMERICA'S HEROES**



*Learn and Live*



**5 Alarm Fire & Safety's Training Division Presents**  
**The American Heart Association**  
**CPR CERTIFICATION COURSE**  
**With Optional FIRST AID and/or BLOODBORNE PATHOGEN Training Modules**

Did you know that effective bystander CPR, provided immediately after cardiac arrest, can double a victim's chance of survival? If bystander CPR is not provided, a sudden cardiac arrest victim's chances of survival fall 7 percent to 10 percent for every minute of delay until defibrillation. Few attempts at resuscitation are successful if CPR and defibrillation are not provided within minutes of collapse.

This training teaches participants to use a combination of rescue breathing and chest compressions delivered to victims thought to be in cardiac arrest. Instructors use a combination of lecture and hands-on methodology to provoke participant interest and test competence.

This course meets the American Heart Association's new CPR science guidelines adopted in November 2006. Participants who complete the course will receive certification cards from the American Heart Association that are valid for two years.

**FIRST AID TRAINING**

This training module follows the American Heart Association's Heartsaver First Aid course. Our hands-on instruction and skills testing will give your employees the confidence and skills to manage a variety of workplace emergencies.

This program is designed to meet the requirements of the Occupational Safety and Health Administration's (OSHA) First Aid Standard, 29 CFR 1910.151.

**BLOODBORNE PATHOGEN TRAINING**

This training module is designed to provide a basic understanding of bloodborne pathogens, common modes of their transmission, methods of prevention and other pertinent information.

This program is designed to meet the requirements of the Occupational Safety and Health Administration's (OSHA) Bloodborne Pathogen Standard, 29 CFR 1910.1030.

**Call 5 Alarm's Training Division Today for More Information**  
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