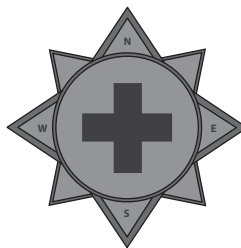


## CPR TRAINING

CPR (cardiopulmonary resuscitation) training is a skill that I believe every person should possess. At the very least every Cragman needs to have a basic knowledge. The bottom line, throughout your life you will probably be around a person or two, or maybe several that may require lifesaving help. You could be the difference between life and death for them.

## FLIP OVER FOR YOUR NEXT CHALLENGE



### EARN THIS NUGGET

Take a CPR class.

- When you give CPR, you are not exactly bringing the person back to life. What you are doing is keeping them alive until the emergency services get there by breathing for them and pumping the blood around their body. Just calling an ambulance may spell death for the individual.

- Only about fifty percent of cardiac arrests have someone perform CPR, there simply are not enough people out there prepared to save a life.

- Most cardiac arrest happens in the home. That means getting trained literally makes you a safe guard for your own family.

- There are many local places that offer CPR classes. Some have a small fee, others are free, and there are even online courses.

