



CITY OF LOS ANGELES  
LOS FELIZ NEIGHBORHOOD COUNCIL



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**PUBLIC HEALTH AND SAFETY COMMITTEE  
PRESENTS FREE CPR/AED TRAINING**

Wednesday January 10, 2018  
2:00 PM to 7:15 PM

Los Feliz Public Library  
1874 N. Hillhurst Avenue  
Los Angeles, CA 90027

[mike.hain@lofeliznc.org](mailto:mike.hain@lofeliznc.org)

**CERTIFIED COUNCIL #35**

PO Box 27003  
Los Angeles, CA 90027-0003

**(213) 973-9758**

[www.lofeliznc.org](http://www.lofeliznc.org)  
[info@lofeliznc.org](mailto:info@lofeliznc.org)

Those successfully completing this course will receive documentation from an authorized instructor from the American Red Cross

**Cost: FREE**

Instructor: Michael Hain

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

All are welcome (minimum age 13 years old)

Must Pre-Register **No walk-ins will be accepted.**

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.

Some of the images will be a little graphic, i.e. PG-13

**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

**CPR**

- Breathing/Choking
- Back Blows
- Abdominal Thrusts

- Rescue Breathing
- Chest Compressions

**AED**

When to Deploy and how to Use

**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

**For more information:**

Contact: Michael Hain, Public Safety Rep, Los Feliz Neighborhood Council Public Representative:  
[mike.hain@lofeliznc.org](mailto:mike.hain@lofeliznc.org)

Sign Up: [EventBrite.com](http://EventBrite.com)

<https://www.eventbrite.com/e/free-cpr-class-sponsored-by-the-los-feliz-neighborhood-council-public-health-and-safety-committee-tickets-41708546385?aff=es2>