

CPR Skills Training

The BHC is now offering CPR skills training to employees at member companies.



WHY?



Nearly 338,000 out-of-hospital cardiac arrests occur each year; however, 70% of Americans feel unprepared to act during cardiac emergencies. CPR is a life-saving technique that can double or triple a victim's chance of survival.



WHAT?



Cardiopulmonary resuscitation (CPR) is a procedure to manually restore blood circulation and breathing in a person who is in cardiac arrest. The CPR technique includes compressions on the chest to pump blood in and out of the heart, as well as breathing into a victim's mouth to oxygenate the blood.



WHEN?



CPR-certified staff members from the BHC are available to conduct CPR training sessions* with employees during staff meetings, onsite trainings, or lunch and learn presentations.



HOW?



**CPR training sessions are available in two formats:*

(1) 30-minute Lunch n' Learn: *These presentations are intended to be a basic introduction to hands-only CPR and DO NOT result in CPR certification. Class restricted to 18 employees at one time. BHC member companies may schedule two free lunch n' learns per year. Additional sessions may be arranged for a fee of \$100 per class.*

(2) 3-hour Certification Course: *These classes provide in-depth skills training with full manikin and AED instruction and result in CPR certification through the American Heart Association. Class restricted to six employees at one time. Cost is \$35 per participant.*

For more information, contact Lauren Remspecher at lremspecher@stlbhc.org.