



# Learn the Basics of CPR in One Hour with *CPR Made Simple*

- One-hour non-certified Adult CPR/AED course
- Focuses on hands-on practice
- Low-cost option for those who don't require certified training, \$20 per person
- Helps save lives



### *Did You Know...*

- When a person's heart stops, brain death occurs in as little as 8 -10 minutes.
- The national average response time for an ambulance is 10 minutes. Most communities have a standard of eight minutes, but a response time may be as long as 12-15 minutes<sup>1</sup>.
- Research shows that the shorter the time from collapse to when CPR is initiated and the first shock from an automated external defibrillator (AED) is given, the greater the chance of survival of cardiac arrest.

### *CPR Made Simple*

- The **NEW** American Red Cross *CPR Made Simple* non-certified course provides a one-hour overview of the critical skills that may help save a life. In this simplified training, lecture is kept to a minimum so that you can focus on hands-on practice of CPR/AED skills.

**While certified training is still important**—especially for those who are part of a company's emergency response team—*CPR Made Simple* makes it easy to offer training to others who do not need to be certified. Empower more people to save lives with *CPR Made Simple*.

### Schedule Training Today, Contact;

**American Red Cross  
Cornhusker Regional Chapter**  
Serving the Communities of;  
Fillmore, Lancaster, Otoe, Seward, Saline,  
Thayer and York Counties in Nebraska  
**Carolyn 402-441-6390**  
GarbersC@usa.redcross.org  
[www.CornhuskerRedCross.org](http://www.CornhuskerRedCross.org)

**If you have a business or a group of 8 or more, we'd be happy to come to your Workplace and do training on site. Please Give us a call!**

Course #	Day / Date / Time
<b>All classes will be held at the Red Cross Chapter in Lincoln at 220 Oakcreek Drive CPR Made Simple \$20 Per Person</b>	
2666343	Thursday, February 11, 2010 7:00 PM – 8:00 PM
2782991	Saturday, February 27, 2010 1:00 PM – 2:00 PM
2782675	Sunday, March 7, 2010 2:00 PM – 3:00 PM
2828313	Thursday, March 25, 2010 6:00 PM – 7:00 PM
2782920	Monday, April 26, 2010 7:00 PM – 8:00 PM
2828335	Wednesday, May 12, 2010 6:00 PM – 7:00 PM
2828346	Sunday, June 13, 2010 1:00 PM – 2:00 PM
2828359	Saturday, July 10, 2010 9:00 AM – 10:00 AM
2828369	Thursday, August 5, 2010 6:00 PM – 7:00 PM
2828375	Sunday, August 29, 2010 4:00 PM – 5:00 PM
2828385	Monday, September 13, 2010 6:00 PM – 7:00 PM
2828396	Saturday, October 2, 2010 9:00 AM – 10:00 AM
2828403	Wednesday, October 20, 2010 7:00 PM – 8:00 PM
2828410	Tuesday, November 16, 2010 6:00 PM – 7:00 PM
2828414	Saturday, December 11, 2010 9:00 AM – 10:00 AM

**Trained. Empowered. Prepared.**

<sup>1</sup> "EMS Response Time Standards"; EMSResponder.com; July 8th, 2008.