



PROBUS *CPR Training Session #1 done*



Twenty PROBUS members completed the first training session today. It was excellent covering a broad range of very important life-saving, injury management and dealing with unexpected medical emergencies.

The professional trainers, one a GTA firefighter, explained First Aid techniques and injury management methods which helped every PROBUS member, refreshing, reviewing and reminding them of ways to deal with medical situations.

The session included:

- proper actions to undertake in reaction to heart attacks,
- dealing with strokes,
- management of bleeding injuries
- how to handle choking emergencies.

It concluded with use of *defibrillators* and *hands on training and practice of CPR skills*.

One more session is scheduled for Apr. 21st.

Every PROBUS member who has not done such training, should consider registering in this upcoming session. Be it that you never need to use these skills but should a mishap occur, you will be better prepared to handle the situation with calm, controlled and knowledgeable skills.

We are have a FALL session *waiting* list, for those wishing to do the one day course at a later date.

4 hour session \$20.

Grp A session: Apr. 21, 10am 4 openings

- The *fall session* will be scheduled after consultation with the company providing the training.
- *Waiting* list registrants will be notified when information is finalized.

If you wish to register the Apr. 21st CPR Training, please contact ***Richard Szpin.***

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