



## **CPR Training # 1 Review**



Twenty PROBUS members completed the first training session Apr. 14. The session was excellent covering topics: life-saving skills, 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. 21<sup>st</sup> with **3 spots still available**.

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 3 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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