

# HANDS-ONLY CPR & STOP THE BLEED



Join us for an important training event where you'll learn life-saving skills through two essential courses. First, you'll discover how to recognize cardiac arrest and perform hands-only CPR, empowering you to act quickly in emergency situations. Additionally, the STOP THE BLEED® training will equip you with three crucial techniques to effectively manage bleeding emergencies.

**LOCATION: (EOC) 32100 DESERT VISTA RD**

**DATE: 09/28/2024**

**TIME: 10:00 AM**



**SAVE A LIFE**



**HANDS  
ONLY  
CPR**

This class teaches participants how to recognize cardiac arrest and act quickly and effectively to perform hands-only CPR to potentially save a life. This class is for educational purposes only and participants will not receive a CPR certification.

The **STOP THE BLEED®** training empowers you to recognize and act quickly against such bleeding emergencies, equipping you with three essential techniques that could save a life.

**RSVP: [Fireinfo@cathedralcity.gov](mailto:Fireinfo@cathedralcity.gov)**