

WHERE CAN I GET CPR TRAINING?



WHAT IS CPR?

CPR stands for cardiopulmonary resuscitation. CPR is a rescue and basic life-support technique for someone whose heart or breathing has stopped.



WHY SHOULD I CONSIDER GETTING CPR TRAINING?

When the heart stops beating or breathing stops, the first few minutes are critical in possibly saving a life or preventing severe, permanent damage. CPR may keep a person alive until an ambulance and medical treatment are available.



WHERE DO I OBTAIN INFORMATION ABOUT CPR TRAINING IN NYC?

American Heart Association
www.americanheart.org

American Red Cross in Greater New York
www.nyredcross.org

American Safety & Health Institute
www.ashinstitute.org/TrainingCenters.asp

Emergency Care & Safety Institute
www.ecsinstitute.org

Fire Department of New York
(For Schools & Community Organizations)
www.nyc.gov/fdny

Medic First Aid International
www.medicfirstaid.com

Regional Emergency Medical Services Council of
New York City
www.nycremsco.org



**FOR MORE INFORMATION, DIAL 311 OR
VISIT WWW.NYC.GOV/HEALTH**



NYC Department of Health & Mental Hygiene
Michael R. Bloomberg, Mayor
Thomas R. Frieden, MD, MPH, Commissioner