

Red Cross to teach heart attack first aid

CPR (Cardiopulmonary Resuscitation) is a vital, life-saving manual technique. Basic CPR, taught in Lancaster County only by the American Red Cross, is for use on people who have suffered a Cardiac Arrest (stoppage of breathing and heart beat) from one of various causes. Some of these might be: Heart Attack, Drowning, Electric Shock, Drug Reaction or Overdose, Suffocation, Allergic Reaction to insect stings and bites.

After a person stops breathing or his heart stops beating, there are only four to six minutes before the cells of the brain begin to die and biological death occurs. It is imperative that the general public learn this technique so that they may sustain a person until emergency personnel arrive.

The Lancaster County Chapter of the American Red Cross is offering large regional courses in CPR for

the general public.

Total course length is approximately nine hours. Courses are held in three evenings, 7 p.m. until 10 p.m. Minimum age for enrollment is thirteen years. Maximum enrollment for each course is fifty participants.

Registration for courses is through the Safety Programs Office at the Lancaster Red Cross Chapter, 299-5561. Total cost per person, for books, skill sheets, and materials is \$1.00.

Courses are presently scheduled as follows:

—**Manheim Township**— Monday, July 12; Monday, July 19; and Tuesday, July 20.

—**New Holland**—Thursday, August 5; Thursday, August 12; and Thursday, August 19.

—**Hempfield [Landisville]**—Monday, September 13; Monday, September 20; and Monday, September 27.

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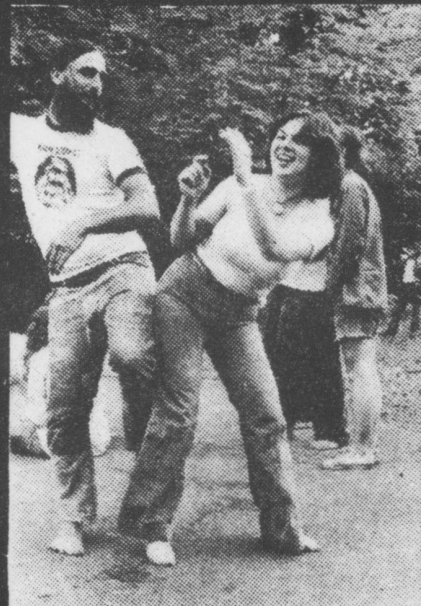


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