

# FREE WORKSHOP

## Stop the Bleed, Hands only CPR & AED

Join us for a FREE 2 hour workshop and learn how to save a life in the event of an emergency. Rotate through 3 stations: Stop the Bleed, Hands only CPR and AED. Classes begin at 8:00, 10:00 and 12:00.



Stop the bleed teaches citizens how to recognize immediate life-threatening injuries and learn lifesaving adjuncts such as tourniquets and pressure bandages.



**HANDS  
ONLY  
CPR**

Everyone Can Save A Life

Hands only CPR is a technique where only chest compressions are delivered to an unconscious, unresponsive person. Training includes Adult Hands Only CPR

**AED**  
Automated External Defibrillator



Auto External Defibrillators (AED's) are in many public places. Identify cardiac distress and learn how easy it is to use this life saving device.



**LEARN HOW TO  
SAVE A LIFE**

**2 HOUR WORKSHOP  
DECEMBER 8, 2019**

**CHOOSE YOUR TIME**

**8:00-10:00**

**10:00-12:00**

**12:00-2:00**

**FREE**

**No Registration**

**Northshore Fire Department**

**7220 NE 181 Street**

**Kenmore, WA 98028**

**Wendy Booth**

**425-354-1742**

**[www.northshorefire.com](http://www.northshorefire.com)**

