

# Show The Community What You're Made Of Learn CPR & be a Vailsburg Citizen Responder



## Future Citizen Responders

Learn the simple steps of CPR that you can do if you witness an emergency. Every second counts in cardiac arrest.

When a person has a cardiac arrest, survival depends on immediately receiving CPR from someone nearby. According to the American Heart Association, about 90 percent of people who suffer out-of-hospital cardiac arrests die. CPR, especially if performed immediately, can double or triple a persons chance of survival.

This course covers:

- \* CPR for Adults, Children & Infants.
  - \* How to help save a choking victim.
  - \* Protections offered by the Good Samaritan Law
- Class length: approximately 3 hours*

The first class is Sunday November 3 from 2 – 5pm.

The second class is Sunday November 10. 2 – 5pm.

Classes are free for Vailsburg residents. \$35 for others.

Here's your chance to show the world what you can do:

- Be a hero by learning the lifesaving skill of CPR
- Be prepared if an emergency situation occurs.
- Be the difference that can save someone's life.

## **Enroll In One of Our Free Classes Today!**

Sunday, November 3<sup>rd</sup> from 2-5pm at UVSO  
475 Irvington Avenue, Newark NJ 07106

**Or**

Sunday, November 10<sup>th</sup> from 2-5pm at UVSO  
462 Sanford Avenue, Newark NJ 07106

**REGISTRATION IN ADVANCE  
IS REQUIRED**

### **For more information or to register contact:**

Safety First & Vailsburg Rescue Squad  
[david@thinksafety.com](mailto:david@thinksafety.com)  
United Vailsburg Services Organization  
[sross@uvso.org](mailto:sross@uvso.org)

