

# Are YOU up for the CHALLENGE?



## THE GOAL:

Train **25,000**  
Johnson County citizens  
in Hands-Only CPR!

## WHAT YOU CAN DO:

Schedule a training for yourself,  
your community group, business  
or school by contacting:

**Kelly Kuhl**  
**913-432-1105**  
**Kelly.Kuhl@cfid2.org**



## Program Partners:

Consolidated Fire District #2  
Johnson County Fire District #1  
Johnson County Fire District #2  
Leawood Fire Department  
Lenexa Fire Department  
Merriam Fire Department  
Northwest Consolidated Fire Department  
Olathe Fire Department  
Overland Park Fire Department  
Shawnee Fire Department

Menorah Medical Center  
Olathe Health System  
Shawnee Mission Health  
Saint Luke's Health System

Johnson County MED-ACT  
Johnson County EMS System  
(Medical Director, Dr. Ryan Jacobsen)  
Johnson County  
Emergency Communications Center  
Heart of America Metro Fire Chiefs Council  
HeartSafe Community

For more information, go to:  
**[www.JoCoHeartSafe.org](http://www.JoCoHeartSafe.org)**

# YOU can SAVE A LIFE!

## WE can show you how.



## Learn Hands-Only CPR... it's easy, fast and fun!

Contact Consolidated Fire District No 2  
913-432-1105 -or- <http://cfid2.org>

# WHO

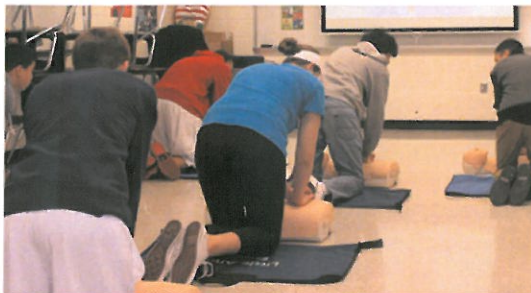
should learn  
**Hands-Only CPR?**

## EVERYONE!

Businesses: big and small  
Volunteer Organizations  
NonProfit Groups  
Athletes  
Churches  
Civic Groups  
Book Clubs  
Youth Sports Teams  
Family Caregivers  
Youth Organizations  
Community Groups and Organizations  
Colleges, High Schools and Middle Schools  
Neighborhood Associations  
Boy Scouts and Girl Scouts  
Recreation Centers/Health Clubs  
Workplace Wellness Programs  
Women's and Men's Groups  
The list goes on and on!



**TRAINING  
IS FAST!**  
Learn in  
about  
**ONE  
HOUR!**



# WHAT

you will learn  
during training...



- How Cardiac Arrest differs from a Heart Attack
- Why it is so important to call 9-1-1.
- What is bystander CPR and why is it so important?
- What is Hands-Only CPR and how is it different from traditional CPR methods?
- How to recognize Cardiac Arrest.
- How to perform Hands-Only CPR.
- How to use an AED (Automated External Defibrillator)

# WHY

**Hands-Only CPR  
is so important!**

## HEART DISEASE

is the number ONE killer of men AND women in the United States.

It claims as many as 511,000 lives each year!

**70-80%**

of Cardiac Arrest Calls happen AT HOME!

The life you will learn to save may very well be a family member.

## DON'T WAIT

until the ambulance arrives!  
IMMEDIATE bystander CPR can double or triple the chance of survival!

