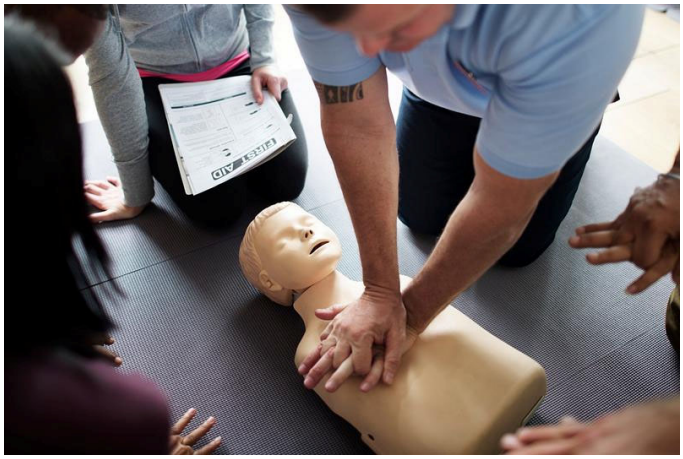
Hands-Only CPR & AED Training

(Sponsored by Deer Creek CERT & Polk County Fire Rescue-PCFR)

Date: Wednesday, March 18
Time: 1-3 PM
Location: Mockingbird Ridge Clubhouse
RSVP: Lynne Shannon, lynne.shannon831@yahoo.com
or call 585-781-8297
NOTE: Limited to 30 participants – Please register ASAP!



A cardiac emergency can happen anywhere. Performing bystander CPR in a cardiac arrest can have the greatest impact on survival. Be prepared and learn the check, call, compress steps to administer compression-only or hands-only CPR from a Polk County Fire Rescue (PCFR) Instructor to help save a life.

Being able to provide help to anyone at any time is a powerful thing. That's why AED classes are designed to teach you how to use an automated external defibrillator on both kids and adults. This way, you can provide care - no matter where you are or who the "patient" may be. Unfortunately, unless you take actions to retain your skills, you're likely to forget how and when to use an AED.