



FIRE PROTECTION DISTRICT  
8815 WEST 123<sup>RD</sup> STREET  
PALOS PARK, ILLINOIS 60464

PATRICK A. GERICKE  
*Chief*

ROBERT S. KNEZ  
*Assistant Chief*

### CPR Training

Cardiopulmonary resuscitation (CPR) training is held from 6 P.M. to 10 P.M. on the second Tuesday of each even numbered month at Fire Station #1, 8815 W. 123<sup>rd</sup> Street, Palos Park, Illinois 60464. Classes cost \$25 for residents and \$35 for nonresidents, which is payable in advance by check or money order only.

Registration closes 1 week prior to the class date. Upon completion, you will be certified in CPR through the American Heart Association. For large groups contact FF/CPM Tom Foley at 708-448-0369 for special scheduling.

To register, click on the CPR registration form at [www.palosfire.org](http://www.palosfire.org) – click on Information – CPR Classes – Registration. Please check to be sure you are registering for either the Heart Saver class (general public) or Health Care Provider class (Health Care workers)

### Registration

_____	I am a district resident.	_____	_____
name		yes (\$25)	no (\$35)
_____	_____	_____	_____
address	City	State/Zip	
_____	_____	_____	_____
phone number	e-mail address		

Please register me for: Health Care Provider on \_\_\_\_\_ (date) or  
Heart Saver on \_\_\_\_\_ (date)

The student understands that CPR training is a physically demanding class where the student must demonstrate the physical ability to perform CPR on certified CPR mannequins. The student will take all necessary precautions regarding equipment owned by the Palos Fire Protection District. The student hereby voluntarily and expressly releases, indemnifies, forever discharges and holds harmless the Palos Fire Protection District and its employees from any and all liability, claims, demands, causes or rights of action whether personal to student or to a third party.

_____	_____
signature	date

***Please mail this form to the address above, ATTN CPR, with your check or money order in the amount of \$25 for In-District residents or \$35 for out of District residents.***

**FIRE PROTECTION IS YOUR JOB, TOO**

● BUSINESS PHONE (708) 448-0369 ● FAX (708) 448-0849

## **Healthcare Provider CPR Course**

This course covers Adult, Child, Infant CPR, AED Training for in-hospital and out-of-hospital situations for Healthcare Providers and includes video demonstrations that visually enhance the study material. The course also covers bag-mask techniques for 1 and 2 rescuers.

### **Topics Include:**

- ✓ Introduction
- ✓ Deciding to Act
- ✓ Adult CPR (for 1 and 2 rescuers)
- ✓ Adult and Child Bag-Mask Technique
- ✓ Child CPR (for 1 and 2 rescuers)
- ✓ Infant CPR (for 1 and 2 rescuers)
- ✓ Infant Bag-Mask Technique
- ✓ Automated External Defibrillator (AED)
- ✓ Choking Victims - 1 year and Older
- ✓ Choking Victims - Infants
- ✓ Recovery Position
- ✓ Healthcare Provider CPR Quiz

## **Heart Saver CPR Course**

Cardiovascular disease is the single greatest cause of death in the United States. Every year more than 480,000 adult Americans die of a heart attack or related complications. The victim of an emergency such as a heart attack, cardiac arrest, stroke, or choking may be saved if people at the scene have had the life saving skills and techniques training.

### **Topics Include:**

- ✓ Recognizing Emergencies
- ✓ Deciding to Act
- ✓ Key Important Factors
- ✓ Check-Call-Care
- ✓ Responding to an Unconscious Adult
- ✓ Responding to an Unconscious Child
- ✓ Responding to an Unconscious Infant
- ✓ Automated External Defibrillator (AED)
- ✓ Choking
- ✓ Recovery Position
- ✓ Adult, Child, Infant CPR Quiz