

# Save a Life Saturday March 6, 2010

## Blood Drive - Free CPR Made Simple



- **Free one-hour non-certified Adult CPR training on March 6, 2010 at Washington County Red Cross 1131 Conrad Ct. Hagerstown, MD 21740. Class begins at 9:30 am. Call 301-739-0717 to register.**
- **CPR Made Simple focuses on hands-on practice.**
- **BLOOD DRIVE from 8:00 am to 1:00 pm**

### Did You Know...

- When a person's heart stops, brain death occurs in as little as 8 -10 minutes.
- **1 pint of blood can save up to 3 lives**
- The national average response time for an ambulance is 10 minutes. Most communities have a standard of eight minutes, but a response time may be as long as 12-15 minutes<sup>1</sup>.
- **Every 2 seconds someone needs a blood transfusion**
- Research shows that the shorter the time from collapse to when CPR is initiated and the first shock from an automated external defibrillator (AED) is given, the greater the chance of survival of cardiac arrest.

### CPR Made Simple

The American Red Cross *CPR Made Simple* non-certified course provides individuals with a one-hour overview of the critical skills that may help them save the life of a family member, friend or co-worker. In this simplified training, lecture is kept to a minimum so that participants can focus on hands-on practice of CPR/skills.

### Why Donate Blood?

A blood donation truly is a gift of life that a healthy individual can give to others in their community who are sick or injured. In one hour's time, a person can donate one unit of blood that can be separated into components that could help save multiple lives.

**Pre-registration is required for *CPR Made Simple*, please call 301-739-0717 to reserve your seat**

**Together, We Can Save a Life.**



**American  
Red Cross**

<sup>1</sup> EMS Response Time Standards; EMSResponder.com; July 8th, 2008