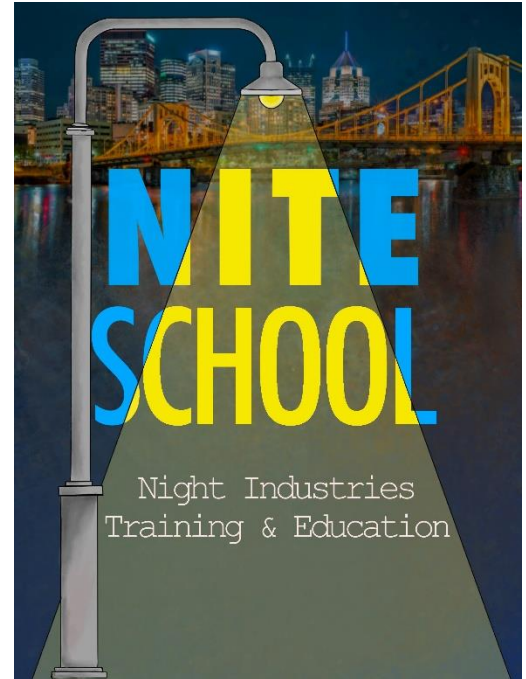


OFFICE OF NIGHTTIME ECONOMY

CPR, AED, & Heimlich Maneuver Training

A short lecture followed by hands-on instruction from public safety professionals on how to administer hands-only CPR, use an Automated External Defibrillator (AED) and perform the Heimlich Maneuver. This training is not a certification course. It is intended to provide awareness and skills, and instill confidence to deliver life-saving care until professional responders arrive.



**For more info,
dates, locations,
scan**



What You'll Learn:

- How to determine if CPR or Heimlich Maneuver is needed
- Technique of chest compressions without rescue breaths
- How to follow the AED's recorded instructions
- Steps to take prior to (and after) safety professionals arrive
- Effective positioning to assist victim of choking emergency
- Self-Care after the emergency

In Person: Approximately 45 minutes

City of Pittsburgh Emergency Medical Services

