



One Heart CPR Newsletter

LEARN CPR
You Can Do It!

"Together, we can save a life."

CPR Saves Another Life

Rebecca (Becky) Smith, a middle school physical education teacher trained in American Red Cross Lifeguarding, helped save seventh-grader Ty-Ray Thomas' life after he collapsed during track practice. While teachers and staff ran to Ty-Ray's side, Becky immediately grabbed the automated external defibrillator, which was used to administer two shocks to Ty-Ray's heart. Becky and the team of teachers and staff continued providing care to Ty-Ray until EMS arrived and took over, ultimately saving the young man's life.

For this act, Becky Smith has been awarded the American Red Cross Certificate of Merit, the highest award given to an individual who saves or sustains



Rebecca Smith and Ty-Ray Thomas

a life by using skills and knowledge learned in an American Red Cross course.

Want to learn CPR or First Aid in 4 hours? Sign up for a class today. One Heart CPR has summer Saturday CPR classes starting this August. Call for more Infor-

mation. We also have mobile services to come to your place of business, school, church, senior center. **(323) 280-3586.**



Summer 2010

One Heart CPR First Aid

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Ward AME Church Learns CPR

This summer One Heart CPR is reaching out to the religious community spreading the importance of CPR and First Aid skills. Many church's have Health and Safety units, Ushers, Sunday School teachers and Security teams that aid members of their church.

I would like to congratulate Bernice, Billie, Maceo, Dessie, Norma and Sylvia of Ward AME Church's Health Unit for taking a CPR class. It was my pleasure teaching them and we had fun. Would your church like to learn CPR too? Call us!



Ward AME Church

Seniors Benefit Most From CPR Training, Cardiac Help

Senior citizens who most often are around other older people, who are the most likely to need CPR, the aid of a defibrillator or emergency cardiovascular care – should consider taking advantage of training programs and materials new being implemented by the American Red Cross for these emergencies. It could save the life of your spouse, your best friend or your neighbor.

The training programs are for all first aid, cardiopulmonary resuscitation (CPR) and automated external defibrillation (AED). Senior citizens involved in athletic and fitness programs for seniors may be among the top of the list of those who can benefit from the training. Those willing to be trained will find simplified and flexible courses, with more stimulating teaching techniques provided by One Heart CPR Training (www.oneheartcpr.com) southern Los Angeles. (323)280-3586



Learn CPR. You can do it!

CPR Prevents Choking Emergency

Douglas Garcia knows how critical CPR classes can be. His training helped him several months ago when his mother choked on a pill and he was able to use his knowledge to help her.

“I was at my mother’s home preparing to take her to church and our usual Sunday lunch together,” Doug related, “I gave Mom her hand full of pills to

take and found her standing in the middle of the floor, turning blue in the face and choking. I immediately the CPR training I received ran through my mind. I asked her if she was choking, I attempted a couple of back thrusts, and performed two abdominal thrusts. I heard a gasp and heavy breathing. The large pill she was attempting to swallow had been dis-



lodged and she was breathing freely on her own again.”
Way to go Douglas.

Saturday Summer CPR Classes

August is the final month of the summer. If you’ve done the beach the park the movies or the mall, how about a 4 hour Saturday CPR or First Aid class. That’s right you can learn Adult CPR or Child/Infant CPR in 4 hours and get your certification card.

If you are a parent and want to do something with your child take a CPR

class together. Children, 10 years and older can learn skills that can save a sibling or anyone. The following Saturday dates are available: August 7,14,21 and 28. Times: 9:00am-2:00pm.

Call (323) 280-3586, classes are filling up.



CPR classes are fun. You can do it!