



CPR for Family & Friends

Why

Sudden death resulting from a cardiac arrest is a becoming an everyday occurrence.

Having the skill needed to save a life has become essential for all, even when there is no medical knowledge or training.

Workshop

Cost: R900

What

The Family & Friends CPR course is aimed at members of the public, family members, relatives and friends of adults and children.

The course provides a basic orientation to the skills of CPR and choking for adults, children and infants, and how to activate the emergency services.

The workshop is accredited by the American Heart Association (AHA).

Contact

www.opt-training.com
info@opt-training.com

RN Beverley Silkstone - 084 497 5315
RN Michelle Torr - 083 556 7904

How

Small, individualised workshops - min of 3, max of 6 participants.

Workshops can be conducted at your convenience at a suitable venue of your choice.

4 hour workshop.

A 71 page Family & Friends CPR booklet is provided to each participant for review before, during and after the course.

