

## BYSTANDER CPR CLASS – RESCHEDULED for APRIL 17

Come and learn Bystander CPR for the first time or come to practice your CPR skills. This class is open to all MRC members. During the session you will practice using an AED, perform Hands Only CPR, and hear from Sudden Cardiac Arrest survivors who benefited from the quick thinking and quick actions of responders.

It will be a fun opportunity to work with other MRC members as well as put an important skill into practice.

### **Bystander CPR**

**Date:** Tuesday, April 17, 2012

**Location:** Mayo Memorial Auditorium

**Times:** Session A: 10:00 – 11:30 (Check in 10:00- 10:15, Class Starts promptly at 10:15)  
Session B: 12:15 - 1:45 (Check in 12:15 – 12:30, Class Starts promptly at 12:30)

### **How to register:**

1. Send an email to [medicalreserve@umn.edu](mailto:medicalreserve@umn.edu) with CPR in the subject line.
2. In the body of the email give your name, x500 email address and session choice.

This class is a cooperative activity between our MRC and the Minnesota Resuscitation Consortium.

American Heart Association 2010 Guidelines for CPR – You Tube Video

This 2.52 min video describes changes made in guidelines and demonstrates Bystander CPR.

<http://www.youtube.com/user/americanheartassoc#p/c/7A68846B17049716/9/O9T25SMyz3A>