

CPR/AED Awareness



Make a difference at work, at home, in your community.
Get trained/stay trained in CPR and AED.

- Heart disease – including heart attack – is the leading cause of death in the U.S. and a major cause of disability.
- Heart attack can strike anywhere: on the job, while driving, in our homes and communities.
- CPR and AED applied within minutes of sudden cardiac arrest doubles the chance of survival.
- CPR and AED also improves chances of surviving any incident that stops oxygen flow to the brain, including drowning, choking or exposure to electric shock.
- Your knowing CPR and AED could save a life.

CPR/AED training is available through your local Chapter of the National Safety Council. Visit us at www.nsc.org.



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SAFETY
MONTH 08

nsc.org/nsm

make a
difference