

# **FCSLA FRATERNAL OUTREACH IS ON THE MOVE IN 2010**

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## **COULD YOU SAVE A LIFE?**

Did you know that CPR and early defibrillation can save lives? There are studies that show as many as 30-50% of victims who have signs of sudden cardiac arrest would have likely survived if CPR and AEDs (automated external defibrillators) were used within five minutes after collapsing. AEDs are located in many places today, such as airports, sports' stadiums, shopping malls and offices. It is very important for many people to be trained in knowing how and when to use them properly.

The importance of taking a review CPR class has become very important because of the many recent changes in administering CPR. A person's CPR skills dec line over a period of time and need to be updated regularly. It is very easy to find a CPR class. The American Red Cross in every community has a schedule of classes for every level. Contact your city chapter by phone or go their website at [www.redcross.org](http://www.redcross.org) and look for a link to your city's Red Cross chapter.



**American  
Red Cross**

*Together, we can save a life*

