CPR and First Aid Workshop

Location: Community Training Room, 456 Safety Lane

Residents are invited to a practical CPR and first aid workshop led by First Responder instructors. This introductory session covers recognition of medical emergencies, hands-only CPR, bleeding control basics, and what to expect while waiting for responders to arrive.

Workshop Topics

- Cardiac arrest recognition and immediate action
- Hands-only CPR practice
- Scene safety and bystander awareness
- Basic bleeding control and emergency communication

No prior experience is required. This session is ideal for parents, caregivers, teachers, and community volunteers.

Meeting Info

Date & Time

Sun, Apr 12 2026, 3 - 4am