

# ACT TO SAVE A LIFE first aid



## Learn three skills to save a life, all in 1

**ACT To Save A Life** is a new approach to first aid that teaches you three vital skills you can use save a life in the crucial few minutes before firefighters arrive.



## **A**NTIDOTE for suspected opiate overdose

Most people hear the word opiate and think of street drugs like heroin, but it also includes many painkillers prescribed after surgery or injury. Opiate overdose is the leading cause of death for people under 50. ACT teaches you how to administer an antidote nasal spray available without a prescription at many local pharmacies.



## **C**PR for sudden cardiac arrest

Compression-only CPR and AED use in the first few minutes of sudden cardiac arrest can greatly increase the odds of survival. CPR and AED (automated external defibrillator) are both used to treat sudden cardiac arrest, the leading cause of death in the United States. AED's are located in many public gathering places and can be easily and safely used to administer a shock to restore heartbeat rhythm.



## **T**OURNIQUET for bleeding control

Severe bleeding is the leading cause of death in earthquakes, terror attacks and acts of violence. The skills learned can also be applied to both home and work injuries. Applying a tourniquet to an arm or leg injury or packing a torso wound in the first five minutes can be lifesaving.

## CLASS

Classes are FREE.

Third Thursday of each month, 1:00-2:00 pm OR 6:00-7:00 pm

ONLINE Zoom meeting

NOTE: Class date, time and location are subject to change.

REGISTER online

[www.southsnofire.org/ACT](http://www.southsnofire.org/ACT)

NOTE: Course curriculum follows industry standards but is not a certification class.

## DID YOU KNOW . . .

### You can be a lifesaver!

No matter how quickly first responders arrive, bystanders will always be first on the scene. Those nearest to someone with life threatening injuries are best positioned to provide first care.

If you are called on to give CPR in an emergency, you will most likely be trying to save the life of someone you love: a child, a spouse, a parent or a friend.

It's not easy to think about the possibility of these things happening in  
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HEALTH COMMISSION

