



Do you know what this is??

This is our AED machine and we ALL should know where it is and how to use it.

Where is the machine? In the **FITNESS ROOM**. Just to the left of the main door. Please take a minute to find the machine so you know where it is in an emergency.

The Care & Concern Club sponsors a **CPR CLASS** where we discuss how to use the AED machine. CPR has changed so much from the way we did it in the past. Did you know that we don't need to do mouth to mouth anymore?! This class is informal and gives you a chance to try out the compressions on a dummy. We will be having a class in early spring. Sign up on the bulletin board today!

WHAT TO DO IN AN EMERGENCY

- Have someone **CALL 911** while you stay with the ill person.
- Have someone retrieve the AED machine in case 911 says to use the machine. You can easily put it back if you don't need it.
- If the 911 operator tells you to use the machine, open the lid and push the power button. The machine will give you verbal directions from there.

