



Certification Training Programs

SAVE A LIFE! BECOME CERTIFIED.



The life you save is likely to be someone you know because²:

- 80% of sudden cardiac arrests happen in private/residential settings
- Nearly 400,000 people suffer a non-hospital cardiac arrest annually
- Only 41% of those suffering cardiac arrest at home, work, or in public currently receive immediate help

CSS LOCATIONS

CSS Administrative Office

9021 Ogden Avenue
Brookfield, IL 60513
www.CSSservices.org
708.354.4547 x170
training@cssservices.org

CSS Academy

3732 Grand Boulevard
Brookfield, IL 60513

CSS Family Support Center

5416 West 25th Street
Cicero, IL 60804

PROFESSIONALLY ADMINISTERED CPR AND FIRST AID CERTIFICATION TRAININGS AVAILABLE IN YOUR WORKPLACE

CSS offers professionally administered CPR and First Aid certification trainings that are perfect for professionals, teachers, community members, and caregivers. Trainings are brought to your place of business or held at convenient CSS locations in Brookfield and Cicero. Day, evening, and weekend trainings are available, and courses are offered in English and Spanish.

CARDIOPULMONARY RESUSCITATION (CPR)

Eighty-nine percent of those suffering a non-hospital cardiac arrest die because they don't receive immediate CPR¹. Your certified CSS instructor provides:

- 2-year American Heart Association Heartsaver[®] CPR and Automated External Defibrillator (AED) Certification (with BLS Certification for health professionals)
- Training to aid infants and children, compliant with OSHA and State Child Care Licensing requirements.
- 3.5 hours' instruction during convenient day, evening, and weekend classes.
- Taught in English or Spanish.

FIRST AID

More Americans, 1-44 years of age, die from injuries than from any other cause, including cancer, HIV or the flu³. You can save lives by completing CSS' 2-year Heart Association Heartsaver[®] First Aid Certification course:

- BLS Certification available for health professionals
- Training to aid infants and children, compliant with OSHA and State Child Care Licensing requirements.
- 3.5 hours' instruction during convenient day, evening, and weekend classes.
- Taught in English or Spanish.

Learn emergency first aid for common accidents and injuries such as:

- Animal Bites
- Burns
- Choking
- Cuts & Wounds
- Fractures
- Frostbite
- Heat Stroke
- Hypothermia
- Insect Stings
- Nose Bleeds
- Poisoning
- Seizures

PRICING

\$60 per person for a 3.5 hour session in either CPR or First Aid.
\$110 per person when you register for both CPR and First Aid trainings.
Receive a 10% discount for groups of 8 or more.
Trainings are offered in English and Spanish.

¹American Heart Association[®], "2012 Hands-Only[™] CPR Fact Sheet," http://www.heart.org/idc/groups/heart-public/@wcm/@ecc/documents/downloadable/ucm_441302.pdf, (accessed May 21, 2013). ²American Heart Association[®] ³Centers for Disease Control and Prevention, National Center for Injury Prevention and Control. Web-based Injury Statistics Query and Reporting System (WISQARS) [online] (2007) [accessed June 13, 2013]. Available from URL: <http://www.cdc.gov/injury/wisqars>.