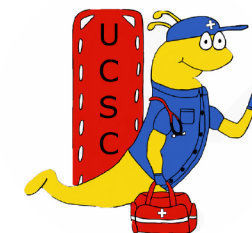




BASIC LIFE SUPPORT CLASSES FOR SLUGS!



What is Basic Life Support (BLS)?

- It is a four hour American Heart Association certified course that trains participants to identify and treat cardiovascular and respiratory emergencies.
- Provides participants with the knowledge and skills to provide high quality CPR, AED usage, and rescue breathing.



Why is this certification important?

- EMS response times on campus vary greatly.
- A person can survive for only 4-6 minutes before lack of oxygen results in brain damage or death.
- Early CPR intervention can double survival chance of survival.
- CPR is not just for heart attacks!

The HCN grant is helping us...

- Provide UCSC students with the opportunity to receive **free** BLS training on campus
- Increase the number of community first responders
- Make UCSC the first college campus to have a majority of its students certified in CPR



Making UC Santa Cruz a healthier place to live, work, and learn!

