

# What can you do in

# 5 MINUTES ?




Drink a **cup of coffee**

Read the **CNN headlines**

Take the **dog for a walk**

or

# SAVE A LIFE



## Using demos and hands-on scenarios, we will teach you about:

- scene safety
- patient assessment
- determining consciousness
- finding life-threats
- opening, clearing, and maintaining an airway
- rescue breathing
- assessing breathing, circulation, disabilities, and environmental threats
- controlling bleeding (including tourniquets)
- when to perform CPR
- lifting and moving a patient
- managing spine injuries

**No prior medical training is required**

**SOLO's** new, intense, one-day **Urban First Five Minutes Course** will prepare you to help people facing immediate life-threats in real-world situations such as

- **natural disasters**
- **shootings**
- **bombings**
- **hostage situations,**
- **automobile accidents**

### Details

**Saturday, July 23, 2016**

**9:00 A.M. to 5:00 P.M.**

**\$75pp (lunch included)**

**Limited to 25 people**

**To sign up, call 603-447-6711**