

# Free Hands-Only CPR Training



BE THE DIFFERENCE FOR SOMEONE

Los Angeles County Department of Public Health is offering **free** trainings on **Hands-Only CPR** for community members. **Hands-Only CPR** is a life-saving skill that increases the survival rate of a person in a cardiac arrest emergency. We are asking our community partners to host these free and important trainings as a benefit for the people you serve. You play a significant role in helping us train as many people as possible.

**Hands - Only CPR** training is:

- A life-saving skill that will help you feel more confident to respond in an emergency
- A one-on-one or group session that lasts less than 10 minutes
- CPR **without** mouth-to-mouth breaths
- Only to be used on teens or adults
- Easy; no documents are required from anyone who would like to be trained
- **NOT** a Certified CPR course. NO CPR certification is provided; if you need a certificate you will need to take a different course offered by a certified provider

The trainings will be conducted by the Los Angeles County Department of Public Health staff at your facility. Trainings can be in various languages to accommodate the clients you serve. To host a training, please contact:

**Email:** SPA8@ph.lacounty.gov



**LEARN HOW TO SAVE A LIFE!**

Los Angeles County Department of Public Health  
[www.publichealth.lacounty.gov](http://www.publichealth.lacounty.gov)

-  [www.facebook.com/lapublichealth](https://www.facebook.com/lapublichealth)
-  [www.twitter.com/lapublichealth](https://www.twitter.com/lapublichealth)
-  [www.youtube.com/lapublichealth](https://www.youtube.com/lapublichealth)

