



PUGET SOUND
REGIONAL
SERVICES

First Aid & CPR

10:00am - 5:00pm

Overview

Learn lifesaving fundamentals in this 7-hour class. You will gain skills needed to assess emergency situations, and respond appropriately. First Aid includes proper ways to tend to some common injuries including wounds and broken bones, as well as more advanced emergency treatments. CPR is one of the most important lifesaving skills everyone should know. Not only will you learn when and how to do CPR, you will also practice your newly learned skills on life like mannequins designed specifically for this purpose.

Notes Class is scheduled from 10am-5pm. There will *not* be an extended lunch break, so students are encouraged to bring a lunch to class.

Questions? Contact training@gopsrs.org or call 206.772.5700 x112

All trainings occur at the PSRS Office:

149 Park Ave N. | Renton, WA | 98057
([map](#))

Voice Phone: 206-772-5700

Video Phone: 425-336-4900

Free parking available in the PSRS parking lot, or on side streets

