



Mission Health Education offers CPR certification classes

All CPR certification courses will be provided by Mission Health Education department, meaning that no outside agencies will need to be retained, and all class for staff will be completely FREE!

Classes will be on a first come, first serve basis. With that in mind, each community will have the potential to recognize 24 newly CPR certified staff members in one day! Please encourage all staff to take the FREE course on Mission Health and complete their required certification.

6 reasons you should learn CPR:

- 1 **Performing rescue breathing:** The skills and knowledge acquired in CPR are applicable in different areas of life. CPR training offers capabilities on rescue breathing to bring back victims who have stopped breathing in cases of severe asthma attacks, choking and more.
- 2 **Emergencies can occur anywhere when least expected:** According to the American Heart Association research findings, close to 200,000 lives could be saved annually with effective CPR. When a cardiac arrest emergency occurs away from the hospital, the victim's survival depends on the people around to give the necessary assistance.
- 3 **The performance of CPR prevents brain death:** People who experience cardiac arrest risk suffering permanent brain damage, leaving them bedridden or unable to perform normal daily functions. This is because the chest compressions performed on cardiac arrest victims ensure the brain retains the required oxygen to prevent the massive death of its cells.
- 4 **CPR gives the confidence to save lives:** The skills and knowledge acquired in CPR certification offer the expertise that prepares the individual to take up any emergencies. Chest compressions are the only help you can provide to a cardiac arrest victim as you await emergency help.
- 5 **Proper training is vital, and timing is crucial:** Without thorough and effective training, you may not know how to perform CPR correctly. Incorrect CPR can have adverse consequences. Also, Vital organs can only survive without adequate oxygen for approximately five minutes. Chest compressions and ventilations can buy valuable minutes. This time can make the difference between life and death.
- 6 **You may need it for your job:** Not only is CPR certification an empowering choice, it might also be the required choice. Employers, even in the non-medical fields are getting stricter on employee safety and are starting to require certification of the life-saving skill.

TENNESSEE 2025 CALENDAR

JAN 28 - 30

Gallaway Health and Rehab

NOV 4 - 5

Dickson Health and Rehab

NOV 6

Reelfoot Health and Rehab