



St. John Ambulance

SAVING LIVES
at work, home and play

For more information visit:

www.sja.ca

FEBRUARY IS HEART MONTH!

LEARN HOW TO SAVE A LIFE
TAKE A ST. JOHN AMBULANCE CPR & AED
COURSE. PURCHASE AN AED!

Automated External Defibrillator (AED)

AED's can mean life or death to a person experiencing cardiac arrest. Today, not only emergency care professionals are equipped with this life saving device. Many industries, corporations, public facilities and even personal homes have AED's available for use by trained individuals.



Every year thousands of Canadians suffer from sudden cardiac arrest. Most cases happen within the home, which means a family member will have to administer CPR until medical help arrives.

Get trained in CPR and AED and be prepared to save a life.

Contact your local St. John Ambulance Branch at www.sja.ca