



ASHA Inc American Safety & Health Associates

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National CPR AED Awareness Week

“Review & Renew So You Don’t Forget What You Knew”

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June 1-7 is National CPR AED Awareness Week as declared by the US Congress in 2007. Start June on a positive life-saving note. How? *“Review & Renew So You Don’t Forget What You Knew”* Save a life.

1) **Review your training.** If you took an ASHA course, it’s simple and quick. Just check your pocket size Action Steps reminder card to see which abbreviations you remember. Then review any items you don’t recall using your quick-reference explanation sheet.

It only takes 5-10 minutes and it can save the life of a loved one, a co-worker or a passerby. It also makes a great short Safety Meeting or Toolbox Talk for your company.

From your training with ASHA on CPR & First Aid:

Do you remember this?

AAA AAA

PP CABD & BS R

What about this?

SAMPLE – ABCR & FAST

DP, RICE, Wet & Cool

Body Temp, Sugar, Epi

If you remember how to do these Action Steps, you know CPR & First Aid...Congratulations!

If you don’t remember, please Review...today ...before an emergency.

If you are not Competent, Confident and able to take Charge,...Renew; go to part 2 below:

2) **Renew your training** ...even if your certificate doesn’t expire for months. Why?...To save a life and for full compliance. Like all performance-based MIOSHA related training, your certification is conditional upon your knowledge and skills. In other words, training is not adequate if you cannot act with the required knowledge and skills ... even if your certificate does not expire for several months.

You can save time, money and tragedy; renew your training and your certification early. Early re-training can be done in less time and at less cost. Call for details.

ASHA uses the BEST TRAINING SYSTEM...period! YOU and your REVIEW are part of that system. The system works when you work it, and it works exceptionally well.

NOTE: Have ASHA write your Safety Management Program, do your Training & Consulting. Get \$500 off. Contact Terry Welsh of ASHA Safety at 517 927-3177 or twelsh@ashasafety.com

Sustainable Profits require Safety, Compliance & Quality; all are Attainable
“A visit from ASHA makes a visit from OSHA become a walk in the park”