

# LAKESIDE LEARNING

## *Shock on the Dock!*

This workshop is designed to increase the awareness and understanding of your AED at your home or cottage. Seconds truly matter with sudden cardiac arrest - and we want you to be prepared and empowered in an emergency!

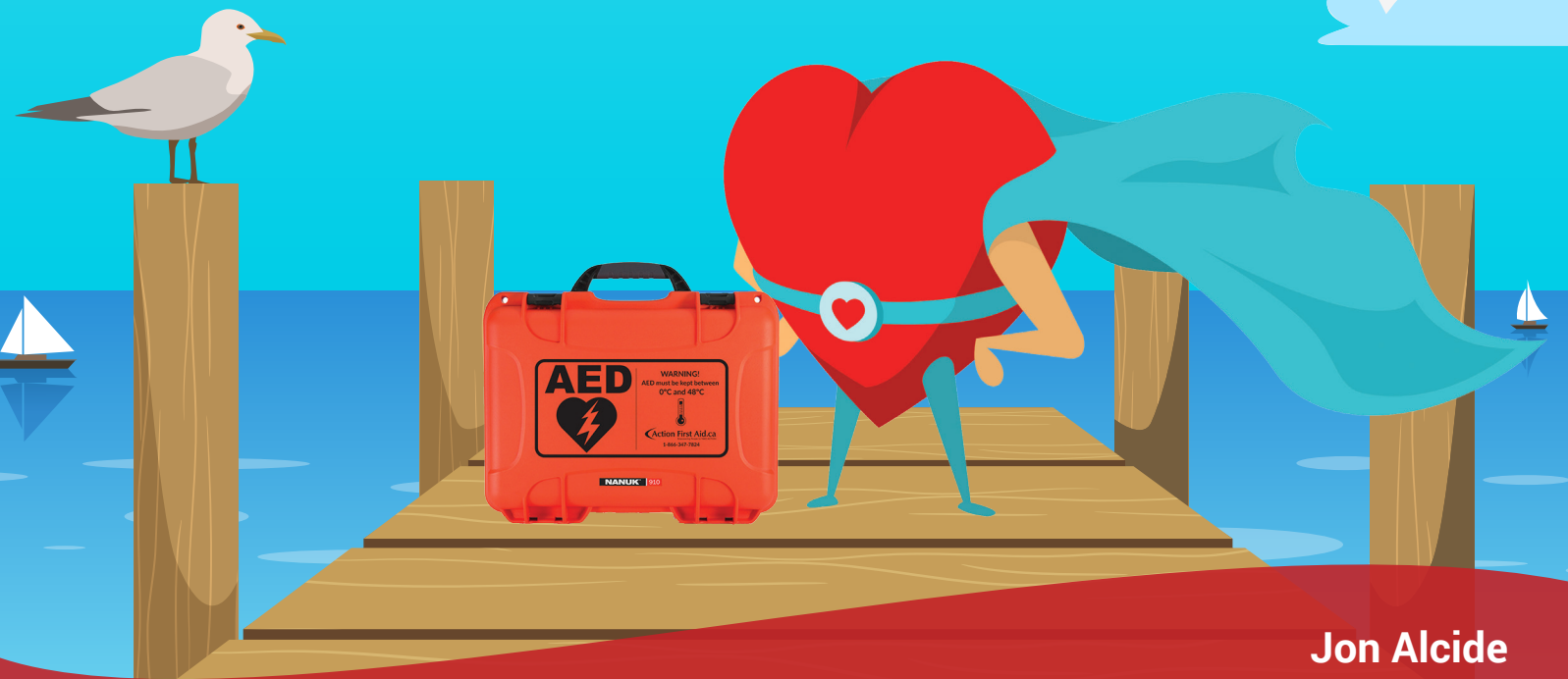
This interactive workshop is designed with everyone in mind - so grab your friends & family, or plan an event with your cottage or road association! Our training is on-site, whether at your cottage, or a public/community space.

### TRAINING INCLUDES

- Where your AED is located
- When to call for an AED
- Who can use it (ANYONE!)
- Learn good, effective CPR
- Recognize the signs & symptoms of a Heart Attack and Stroke
- Emergency Scene Management & Strategy that is specific to remote locations such as islands, inland lakes, and rural roads

**1-2 HOURS**

**INTERACTIVE  
& HANDS-ON!**



**Jon Alcide**

**Cell: 705-796-0457**

**1-866-FIRST-AID**

**jon@actionfirstaid.ca**

**Action First Aid.ca**  
Empowering People to TAKE ACTION