

The Oklahoma City Fire Department is actively involved in citizen CPR training free of charge. The name of our program is called "The Big Push". We give only one course, the American Heart Association's "CPR for Family and Friends". In the class you will learn how to relieve choking and provide CPR on adults, children and infants. This is a **NON-CERTIFIED COURSE**. Upon completion of the class a proof of attendance will be given but **NO CARD WILL BE ISSUED**. In most cases this course is not approved for those that are required to have CPR training.

With the exception of holidays, CPR training will be available at the Fire Training Center every second Wednesday of each month from 9:00 a.m. to 12:00 noon.

Registering for a class is simple:

- 1) Go to  
<http://ahainstructornetwork.americanheart.org/AHAecc/classConnector.jsp?pid=ahaecc.classconnector.home>
- 2) Enter Okc in the address bar.
- 3) Look for "Family and Friends CPR offered at the Fire Training Center.
- 4) Click on Details and sign up.

We hope to see you there!