



**West Coast Resource Services, Inc. partners with Los Alamitos H.S. Varsity Song Team for CPR Training**

June 20, 2017

The Los Alamitos High School Varsity Song Team believes in team building exercises with purpose. An afternoon of CPR training fit the ticket. The American Heart Association Friends and Family curriculum teaches compression skills for adults, children, and infants including steps to take in the event of choking. After a few hours of training and comradery, the team was competent in performing chest compressions, giving breaths and contacting emergency services. If you have not had CPR training in a while, or just want a refresher in hands only CPR, click [here](#) to view the video.

In your place of work or school, take several minutes to find and know the locations of all automated external defibrillators (AED's). In the event, someone does need CPR, getting an AED to that person as quickly as possible is an important step in the chain of survival.

Interested in becoming an American Heart Association instructor? Contact Center for Healthcare Education, Inc. <http://www.healthcareeducation.org/>

