



The *Friends and Family CPR* training kit is made possible through the cooperation of the Orland Park Public Library and the Orland Fire Protection District.

This is a non-credentialed course with the intent of informing the student about the techniques of basic CPR and choking emergencies for an adult, child or infant.

### **TO USE THE FRIENDS AND FAMILY CPR TRAINING SET**

Watch the *Friends and Family CPR* DVD designed for adults, children and infant CPR and choking while practicing with the adult/child mannequin and the infant mannequin. Clean face shields are provided for practice breathing. Please discard the face shields after use.

Please return the *Friends and Family CPR* training kit to the Orland Park Public Library by its due date. The enclosed *Friends and Family CPR* booklet is yours to keep for reference after the course is completed.

Contact Lt. Mark Duke at the Orland Fire Protection District 708-349-0074 ext. 2715 during normal business hours if you have any questions on the basic *Family and Friends CPR* course.

Orland Park Public Library • 14921 Ravinia Avenue • Orland Park, IL 60462  
708-428-5100 • [orlandparklibrary.org](http://orlandparklibrary.org)

Orland Fire Protection District • 9788 W 151 Street • Orland Park, IL 60462  
708-349-0074 • [orlandfire.org/](http://orlandfire.org/)