



# ACT TO SAVE A LIFE

## FREE 1-HOUR FIRST AID CLASS

In an emergency, the first few minutes matter most. This free class gives you simple, life-saving skills you can use to help before first responders arrive.

### What You'll Learn


Antidote (Narcan) - How to recognize and respond to a suspected opioid overdose

CPR & AED - How to help someone in cardiac arrest using hands-only CPR and an AED

Tourniquet Use - How to control severe bleeding and stop life-threatening blood loss

### MORE INFORMATION



 (509)-625-7000

 [spokanefire.org/act](https://spokanefire.org/act)

 @spokanefire

 @spokanefire

### WHO SHOULD ATTEND

Community members of all backgrounds  
Parents, caregivers, neighbors, and friends  
Anyone who wants to be prepared to help

**Be Ready. Be confident. ACT to Save a Life.**