

Wellness Alert

Don't You Think Every Employee Should Be Able To Save Another Employee's Life, Or Their Family?

The Red Cross, American Heart Association, and the U.S. Department of Health, along with the medical and academic community, agree that, if you have not been certified in CPR, then the least you can do is call 911 and administer chest compressions.

Every employee and every family member should learn the very basics of how to save a life.

There are three important factors in doing chest compressions - where to do it, how hard to press down and how many compressions per minute.

It is ironic that the recommended number of chest compressions per minute is 100 and the song "Stayin Alive" by the Bee Gees, made famous in Saturday Night Fever, has 103 beats in a minute. This song provides a life saving cadence. It's a perfect song to practice with and then listen to over and over, so that it is planted in your mind's ear and you can be ready to compress to the beat.

It is a simple gift of life given to employees, members or the community that sparks goodwill and good health in a wellness or health campaign.

CATCH THE CPR BEAT

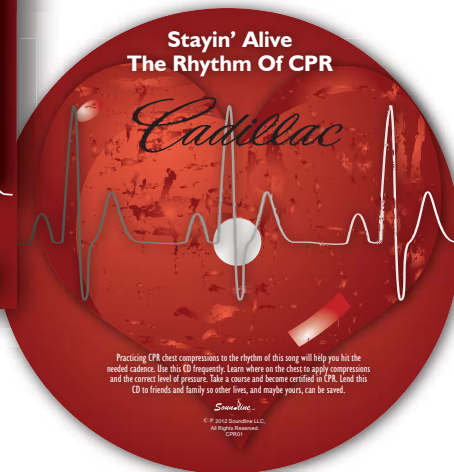
It could be a family member, a fellow worker, a member of your team or even a perfect stranger.

You can help save a life after calling 911 by correctly doing CPR chest compressions.



Stayin' Alive
SAVE A LIFE

As Heard On
NPR
Nat. Public Radio



Catch The CPR Beat

- Branded with a full color logo on each CD
- Packaged in a full color sleeve
- Instructional slip sheet in each sleeve
- Customized CD face. Logo on sleeve is optional

5C	50	100	250	500	1000
CPR01	1.95	1.85	1.75	1.65	1.55
Set up \$50 [G] for full color logo on CD only.					

A potentially life saving gift for:
Heart Health Month
Employee Wellness
Emergency preparedness

When you consider all the promotional products and your annual budget, ask yourself if it is worth less than \$2.00 to save lives. You'll realize that allocating money for this product is not an advertising expense, but a life saving requirement. The life saved may be yours.