

Kill two birds with one stone!

Dine as a team while learning CPR!

Why CPR?

Over **70%** of cardiac arrests occur outside of hospitals.

The chances of survival for a person in cardiac arrest decrease by about **10% for every minute** without CPR.

Thousands of people die from choking every year. The Heimlich maneuver has a **very high success rate** for expelling the obstructing object.

Our training qualifies for compliance with Bill 90 in the workplace

(As an employer [...] you are responsible [...] for spending 1% of your payroll on employee training).

A turnkey activity!

Our events department offers you a turnkey, hassle-free lunch that's as fun as it is informative. What our team-building offer includes :



Boxed lunches for participants

Our partner, Zeste Bistro, produces delicious cold box lunches as diverse as they are generous, which our trainers will bring for group participants.



An abbreviated CPR training course, "Heroes in 30" style

During lunch, a paramedic trainer will provide your employees a 50 minute training session, both theoretical and practical, covering the following crucial information :

- Performing adult and pediatric cardiac massage
- Using an automated defibrillator
- Clearing the airway in a choking situation (Heimlich maneuver), both adult and pediatric
- Recognizing the signs of a stroke
- Administering an EpiPen in an allergic reaction

Cost : \$80 per person (min. 7 and max. 12 people) including lunch!

Are you interested?
Contact us now!

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