

CPR Training is Important

According to the American Heart Association, fewer than half of people suffering out of hospital cardiac arrests receive CPR before emergency services arrive. The staggering statistics include:

- Ninety percent of the 350,000 people who experienced a cardiac arrest outside of the hospital each year will not survive.
- Each year, more than 23,000 children suffer a cardiac arrest. Nearly 40% of the cardiac arrests occur in conjunction with a sports-related activity.
- Cardiac arrest is the #1 killer worldwide with 69.5% occurring in the home and 18.8% in public.

Why Learn CPR?

- **CPR protects from brain death.** When cardiac arrest occurs, the heart stops pumping blood to the brain and other vital organs. When blood flow decreases, the brain can suffer damage in as few as three minutes. After nine minutes without blood flow to the brain, there can be irreversible damage. CPR helps to keep blood flowing and may help minimize brain damage.
- **CPR improves the effectiveness of AED's.** While an AED works to restore a normal heart rhythm, CPR can assist in keeping blood flowing to vital organs. The combination of CPR and AED use can increase survival rates an additional 9%.
- **CPR can make your home safer for everyone.** With nearly 70% of cardiac arrests occurring in the home, learning CPR can train you to provide aid when a loved one needs it the most.
- **CPR can save a child's life.** Each year, 1 in 25 high schools in the US can expect to have a sudden cardiac arrest event occur. Also, more than 7,000 children and infants each year suffer a cardiac arrest. The odds of survival depend on the quickness in which they receive assistance.



Learning CPR

February is American Heart Month and the American Heart Association is offering four ways to learn CPR.

- **Watch online.** You can learn the basics of Hands-Only CPR by watching an instructional video at heart.org/nation. Hands-Only CPR has just two simple steps, performed in this order: 1) Call 911 if you see someone suddenly collapse; and 2) Push hard and fast in the center of the chest at 100 to 200 beats per minute. Additional video's are available for children and infants.
- **Learn at home.** Learn basic lifesaving skills in about 20 minutes from the comfort of your own home with CPR Anytime kits. There are Infant CPR Anytime kits and Adult & Child CPR Anytime Training kits available at <https://www.heart.org/en/courses/adult-and-child-cpr-anytime-training-kits>. CPR Anytime has an interactive app that allows students to evaluate their CPR and AED training experience through gamification.
- **Take a course.** Take a CPR, first aid, and AED course either by yourself or with a group.
- **Turn employees into lifesavers.** Help make your workplace and community safer by committing to CPR training for yourself and employees.

[American Heart Month 2024 brings renewed focus on CPR, urgent need for Nation of Lifesavers™ | American Heart Association](https://www.heart.org/en/courses/adult-and-child-cpr-anytime-training-kits)

<https://avive.life/blog/why-is-cpr-important/>

<https://images.search.yahoo.com/search/images;>

