



# The Bonner County Safety Record

All the News that is Safe to Print

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**#CPRSAVESLIVES**

**2 STEPS TO SAVE A LIFE**

**HANDS-ONLY CPR**

1. CALL 911

2. PUSH HARD & FAST

**CPR WEEK JUNE 1-7**

Each year, CPR Week is celebrated in the US from June 1-7, and is dedicated to showcasing how more lives can be saved if more Americans know CPR and how to use an AED.

### Why Learn Hands-Only CPR?

Cardiac arrest – an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia) and disrupts the flow of blood to the brain, lungs and other organs – is a leading cause of death. Each year, over 350,000 out-of hospital cardiac arrests occur in the United States.

When a person has a cardiac arrest, survival depends on immediately getting CPR from someone nearby. According to the American Heart Association, about 90 percent of people who suffer out-of-hospital cardiac arrests die. CPR, especially if performed in the first few minutes of cardiac arrest, can double or triple a person’s chance of survival.

### Be the Difference for Someone You Love

If you are called on to give CPR in an emergency, you will most likely be trying to save the life of someone you love: a child, a spouse, a parent or a friend. 70 percent of out-of-hospital cardiac arrests happen in homes. Unfortunately, only about 46% of people who experience an out-of-hospital cardiac arrest get the immediate help that they need before professional help arrives. Hands-Only CPR has been shown to be as effective as conventional CPR for cardiac arrest at home, at work or in public. It can double or even triple a person’s chance of survival.

Additional info:

<https://www.youtube.com/watch?v=2J-oSj5IkEY>

To find a class:

[http://cpr.heart.org/AHA/ECC/CPRECC/FindACourse/UCM\\_473162\\_Find-A-Course.jsp](http://cpr.heart.org/AHA/ECC/CPRECC/FindACourse/UCM_473162_Find-A-Course.jsp)



### Risk Management News

Cascadia Rising Training Exercise is this week. You can help by being prepared and being informed. For info go to:

<https://www.fema.gov/cascadia-rising-2016>

