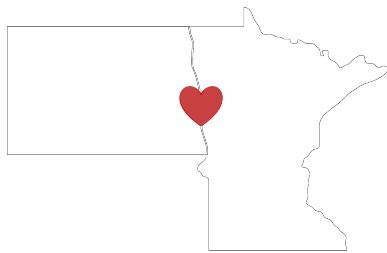


Sudden Cardiac Arrest

HEART SMART COMMUNITIES



Current Local Statistics

If someone in our community suffers a sudden cardiac arrest outside of the hospital, how likely is he or she to survive?

- Less than 10% of sudden cardiac arrest victims survive

How many community members know how and when to perform hands-only CPR?

- Not enough – EVERYONE should know hands-only CPR

Where do most cardiac arrests take place?

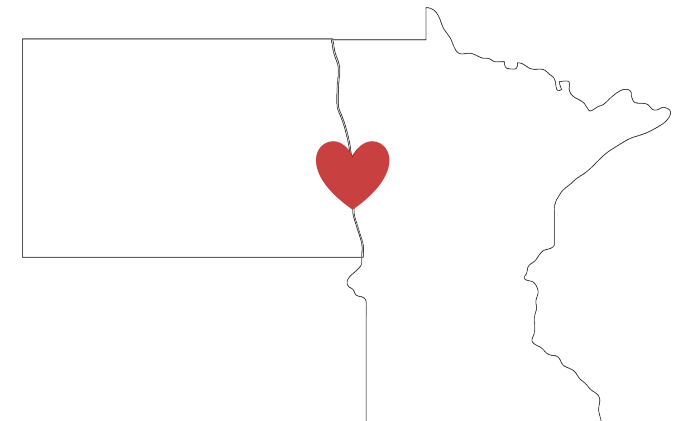
- At home

How many people in our community receive immediate bystander CPR?

- Less than 1/3 of victims in our community receive immediate hands-only CPR

How important is immediate CPR?

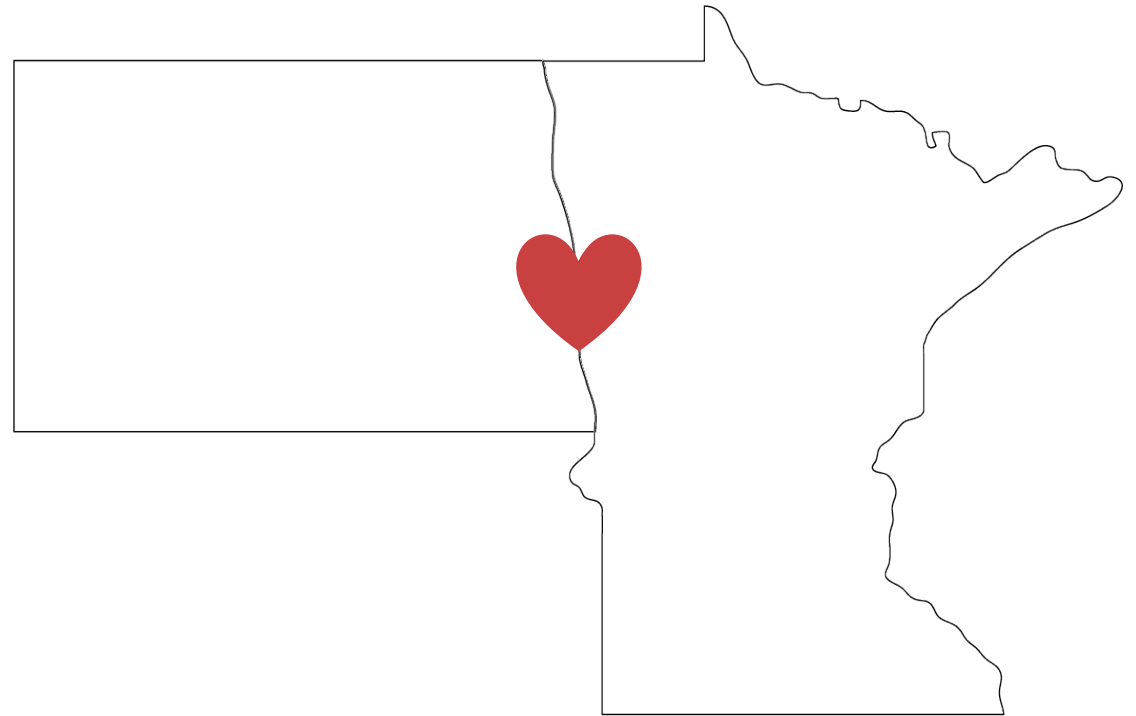
- It can literally mean the difference between life and death



Heart Smart Communities

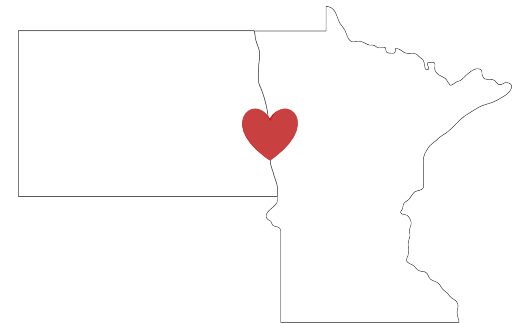
A little history...

- *Heart Smart Communities Initiative*
 - *Successes and struggles*
- *AHA grant*
 - *Equipment and money*



Goals

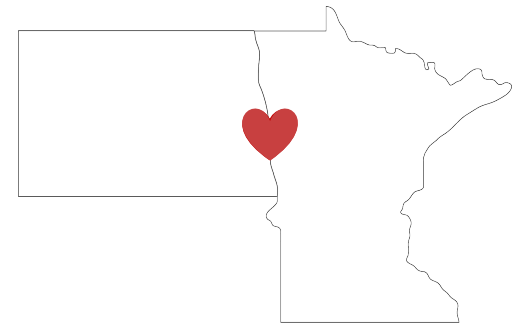
1. Increase the number of community members that perform bystander CPR
2. Improve community awareness about how easy it is to do CPR
3. Build a volunteer network to support these goals



Plan

We need to...

- Identify community organizations, businesses and groups that are willing to help
 - *Is this YOU?!?*
- Get these kits to people who can help teach!
 - *Is this YOU?!?*



Here's How Easy It Is...

It only takes about 4 minutes to teach someone how to do hands-only CPR.

ONLY 4 MINUTES!!

Once you agree to be a trainer, you will receive a kit which includes:

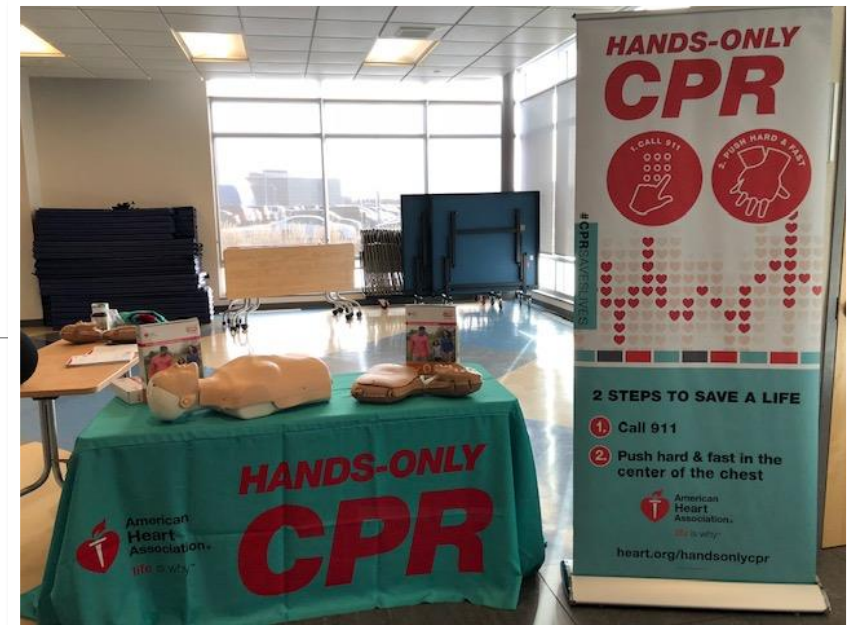
- Adult hands-only CPR manikin
- Adult CPR Anytime DVD
- Skills reminder card



I Want to Help!

So I've got my kit... now what?

- Bring your kit to your workplace, service club, church, or other organizations you belong to
- Teach!
- Make sure each participant is included on the roster
- Email or send the roster to Kristi at FMA and fill out the online survey
- Win prizes!



But I Don't Know How to Teach CPR!?!?

Here are the important parts:

1. Call 911
2. Push hard and push fast, directly in the center of the chest
3. Push at a rate of about 100 compressions per minute, or to the beat of the song "Stayin' Alive"
4. Make sure you are letting the chest rise completely between compressions
5. Keep pushing until someone else arrives to take over or EMS professionals arrive

Two steps to save a life:



*Heart Safe Community
Hands-Only CPR Teaching Points*

Trainers: Even if you aren't going to use the video to teach, please watch it – it's got some GREAT information that you'll want to teach your audience!

Here are the basics that you will teach:

- Hands-only CPR is easy!
- If the person isn't moving or breathing, call 911 and start hands-only CPR.
- Here are the steps:
 1. Call 911
 2. Push hard and push fast, directly in the center of the chest
 3. Push at a rate of about 100 compressions per minute, or to the beat of the song "Stayin' Alive"
 4. Make sure you are letting the chest rise completely between compressions
 5. Keep pushing until someone else arrives to take over or EMS professionals arrive

Here are some other facts that they might want to know:

- 80% of cardiac arrests happen at home.
- Only about 33% of people who go into sudden cardiac arrest in our community receive immediate bystander CPR.
- Immediate CPR can double or even triple the chances of survival.
- It's better to do something than nothing.
- If you hear or feel cracking or popping, keep going – hopefully the person will survive and the ribs will heal.
- You are covered under the Good Samaritan Law when you do CPR – there is no liability for doing CPR to the best of your ability.
- We may not save everyone, but everyone deserves the best possible chance at survival.

Two steps to save a life:

Call Right Away! **Push Hard & Fast in the Center of the Chest!**

Questions? Contact Kristi Engelstad at F-M Ambulance – 701-364-1759 or kristi.engelstad@fmambulance.com

What Else Do I Need to Do?

Send the roster to us!

- We only need the participant's first name and last initial

What can I win?

- All trainers who submit rosters will be put into a drawing for a gift certificate each month
- Trainers who teach over 50 people will receive a "Stayin' Alive" CPR T-shirt!

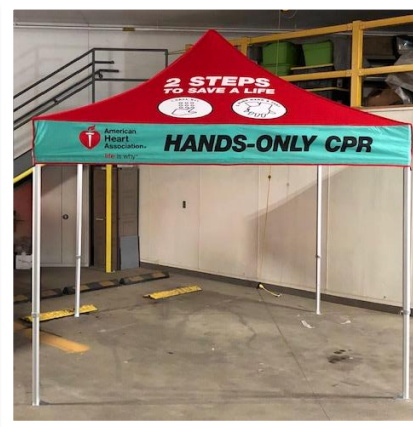


Want To Go Above and Beyond?!?

Now that you know how to teach hands-only CPR, hold your own large-scale event at your business, church, or other organizations... and let us help you!!

These items are available for you to check out and use at your event:

- *Two tablecloths (will fit an 8-foot table)*
- *Two hands-only CPR pull-up banners*
- *Two CPR facts banners*
- *Heavy-duty 10x10 tent*
- *CPR Anytime Kits*
- *Two Q-CPR manikins*
 - *These manikins will show live feedback regarding the rate, depth and recoil when someone is performing hands-only CPR*



Save a Life Saturday – February 16, 2019

