



CPR A Lifesaving Action

When an adult has a sudden cardiac arrest, his or her survival depends greatly on immediately getting CPR from someone nearby. Unfortunately, less than 1/3 of those people who experience a cardiac arrest at home, work or in a public location get that help. Most bystanders are worried that they might do something wrong or make things worse. That's why the AHA has simplified things.

Two Steps to Save a Life

When an adult suddenly collapses, trained or untrained bystanders – that means a person near the victim – should:

- 1) Call 911**
- 2) Push hard and fast in the center of the chest.**

Studies of real emergencies that have occurred in homes, at work or in public locations, show that these two steps, called Hands-Only CPR, can be as effective as conventional CPR. Providing Hands-Only CPR to an adult who has collapsed from a sudden cardiac arrest can more than double that person's chance of survival.

CPR Classes

We will try to get a CPR class together for Stoney Brook homeowners. If you would like to sign up, please email or call Bob Austin at 6259rocky@comcast.net or 303-796-7557.