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General Public to Learn Skills to Save a Life
“Hands Only” CPR Trainings Conducted Across Orange County

WHAT: Orange County residents will learn basic Cardiopulmonary Resuscitation (CPR) skills at more than 10 sites across the County during “Sidewalk CPR” trainings coordinated by Orange County Emergency Medical Services (EMS) and the American Heart Association (AHA). Emergency health agencies including Fire Departments, Ambulance Companies, Hospitals and educational programs will participate.

The trainings will teach the general public how to save a life utilizing “Hands-Only” CPR (different from conventional “Mouth-to-Mouth” CPR), which anyone can learn. The trainings are free to the public.

WHEN: **Thursday, June 2, 2016, Varied Times from 8:00 am– 7:00 pm**

WHERE: Within cities of Brea, Fullerton, Huntington Beach, Mission Viejo, Orange, Santa Ana (Sidewalk CPR Locations: <http://healthdisasteroc.org/ems>)

WHY: When an adult has a sudden cardiac arrest, his or her survival depends greatly on immediately getting CPR. Unfortunately, less than 1/3 of those people who experience a cardiac arrest at home, work, or in a public location get that type of help. Approximately 70% of cardiac arrests happen at home.

Most bystanders are worried that they might do something wrong or make things worse. On the other hand, effective bystander CPR provided immediately after sudden cardiac arrest can double or triple a victim’s chance of survival. Anyone can learn “Hands-Only” CPR.

ABOUT: OCEMS is responsible for coordinating the County's emergency medical services system including Hospitals, Fire Departments, and Ambulance Companies. EMS works with both the private and public sectors to ensure basic and advanced life support coverage to our County's more than 3 million residents and visitors.