

# Hands-Only CPR Training

## with your Milpitas Fire Department

knowing what to do can be a real game changer...

Saturday, October 24, 2015

9:00 AM - 3:00 PM

Your Neighborhood Fire Station\*

Classes held every 30 minutes

RSVP by October 16th, 2015!

(408) 586-2860

First 40 people to RSVP will receive FREE take home CPR Kit!



### WHY LEARN HANDS-ONLY CPR?

Sudden cardiac arrest is a leading cause of death. Nearly 360,000 out-of-hospital cardiac arrests occur annually in the United States.

- When a teen or adult has a sudden cardiac arrest, survival depends on immediately getting CPR from someone nearby.
- Sadly, about 90 percent of people who suffer an out-of-hospital cardiac arrest die because they don't receive immediate CPR from someone on the scene.
- Most Americans (70 percent) feel helpless to act during a cardiac emergency because they don't know how to administer CPR or they're afraid of hurting the victim.



American Heart Association

CPR & First Aid



## Two Steps to Staying Alive with Hands-Only CPR



1. Call 9-1-1
2. Push hard and fast in the center of the chest

## \*Milpitas Fire Stations

*Fire Station 1*  
777 South Main Street

*Fire Station 2*  
1263 Yosemite Drive

*Fire Station 3*  
45 Midwick Drive

*Fire Station 4*  
775 Barber Lane

Milpitas Fire Department Mission

"Dedicated to Providing Quality and Responsive Service for the Community"

