



P R E S S R E L E A S E

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FOR IMMEDIATE RELEASE

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“Hands Only” CPR Training

Emergency Medical Services agencies will offer free “hands only” CPR training for members of our community on **Tuesday, February 14 from 2:00 – 4:00 pm** at various locations throughout the County.

Heart disease is the leading cause of death nationally and locally, with an estimated 630,000 deaths per year in the United States and over 700 deaths per year in Santa Barbara County. Approximately 200 cardiac arrest victims are being treated locally each year by the emergency medical services system. The prompt delivery of cardiopulmonary resuscitation (CPR) more than doubles a cardiac arrest victim’s chance of survival by helping maintain vital blood flow to the heart and brain.

Local emergency medical services agencies are joining to offer free “hands only” CPR training for adults. Partner agencies include American Medical Response (AMR), CALSTAR, all regional fire departments and hospitals. Each agency will staff one or more locations in the community where the public can go to receive a less than 5 minute training session on February 14 between 2 and 4 pm. It may save a life in the future!

A complete listing of emergency medical service agencies and their free training locations are listed below:

Agency	Location
American Medical Response (AMR)	1) Santa Barbara City College
	2) Santa Barbara Pier/Beach
	3) Paseo Nuevo Mall - Santa Barbara
	4) North Broadway Shopping Center Santa Maria
	5) Santa Maria Town Center Mall
	6) Costco Santa Maria
CALSTAR	Santa Maria YMCA
Carpinteria/Summerland Fire Department	Albertsons Store - Carpinteria
Guadalupe Fire Department	1) Main St. Market - Guadalupe
	2) Guadalupe Community Health Center
Montecito Fire Department	1) Montecito Village
	2) Upper Village
SB City Fire	Paseo Nuevo Mall - Santa Barbara

SB County Fire	1) Costco Shopping Center - Goleta
	2) Albertsons Store - Orcutt
	3) Albertsons Store - Buellton
SM City Fire	Santa Maria Town Center Mall Courtyard
Lompoc City Fire Department	Vons Shopping Center - Lompoc

Santa Barbara Cottage Health Systems, Lompoc Valley Medical Center and Marian Medical Center, and Sheriff's Search & Rescue will also be participating in the "Hands Only" CPR training by sending their staff to assist with the training.

On February 7, 2012, the County Board of Supervisors will be proclaiming observation of the month of February, 2012 as American Heart Month, and the day of February 14, 2012 as "Hands Only" CPR Training Day in an effort to prevent heart disease, save lives and respond effectively to those who experience cardiac arrest in the County of Santa Barbara. A short demonstration of "Hands Only" CPR will be provided.

Additionally, in a few weeks, a collaboration of local agencies and organizations will begin a pilot program to provide "Hands Only" CPR training to local businesses in the downtown Santa Barbara area. This pilot program offers an opportunity to engage the business community and broaden the reach of the efforts.

By increasing the number of adults trained in "Hands Only" CPR in our community, we can increase the survival rate of cardiac victims. Please join us in saving lives!

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