

CPR Facts: CPR Saves Lives

According to the American Heart Association:

Over 92% of people who suffer out-of-hospital cardiac arrests die. CPR, especially if performed in the first few minutes of cardiac arrest, can double or triple a person's chance of survival, but only 32% get CPR from a bystander.

Almost 400,000 out-of-hospital sudden cardiac arrests occur annually and 88% of out-of-hospital cardiac arrests happen in homes when a family member is likely present and available to help the victim. If you are called on to give CPR in an emergency, you will most likely be trying to save the life of someone you love: a child, a spouse, a parent or a friend.

70% of Americans may feel helpless to act during a cardiac emergency because they either do not know CPR or their training has lapsed.

The American Heart Association estimates that between 100,000 to 200,000 lives of adults and children could be saved each year if CPR were performed early enough.

Approximately 45% of all heart attacks occur in people under the age of 65

Without oxygen, the brain is permanently damaged after about four minutes and death follows a few minutes later.

CPR is not just for heart attacks! Approximately 7 million adults and children suffer disabling injuries in their own homes and backyards each year, resulting from accidents which may require CPR. Some common causes of "sudden death" that may require CPR include:

- Electric Shock
- Drowning
- Severe Allergic Reactions
- Choking
- Drug Overdose
- Suffocation

Our training and certification also includes the proper use of an Automated External Defibrillator (AED) which are now widely available in public places such as schools, airports and workplaces.