



News Release

Sunrise Fire-Rescue Department

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For Release: IMMEDIATE

One minute can save your life!

Hands-Only™ CPR: Anyone can do it. Everyone should!

(SUNRISE, FL)- June 1-7 is **National CPR and AED Awareness Week**. In support of the American Heart Association and its important mission to increase survival from cardiac arrests, the Sunrise Fire-Rescue Department is asking every member of our community to take just one minute of their day to learn the lifesaving skill of Hands-Only™ CPR.

According to the American Heart Association, 90 percent of people who suffer out-of-hospital cardiac arrests do not survive. However, CPR can double or triple a cardiac arrest victim's chance of survival, especially if performed immediately. This is a health concern that impacts our entire community. "In the event that you must give CPR, chances are that it will be for a family member or friend," said City of Sunrise Fire Chief Thomas DiBernardo.

Please watch the minute-long Hands-Only™ CPR video found at www.heart.org/handsonlycpr any day from June 1 through 7. Then share the link with family and friends, and ask them to learn CPR. Our goal is 100% participation.

"There are so many real stories of neighbors, friends or strangers who have saved lives because they took the time to learn CPR," said Sunrise Mayor Mike Ryan. "Learning the simple steps to give aid until first responders arrive to take over can make a difference for a loved one or a stranger, resulting in lives saved and a tragic loss prevented."

Go to www.heart.org/handsonlycpr, and in just one minute, you can learn the two simple steps of Hands-Only™ CPR. Thank you for learning how to save a life!

For more information, visit www.heart.org. #lifeiswhy #CPRsaveslives