



## Get CPR Certified!

### **Sudden Cardiac Arrest**

EMS treats about 300,000 victims of out-of-hospital cardiac arrest each year in the U.S. Less than eight percent of people who suffer cardiac arrest outside the hospital survive.

Sudden cardiac arrest is not the same as a heart attack. Sudden cardiac arrest occurs when electrical impulses in the heart become rapid or chaotic, which causes the heart to suddenly stop beating. A heart attack occurs when the blood supply to part of the heart muscle is blocked. A heart attack may cause cardiac arrest.

### **Cardiopulmonary Resuscitation (CPR)**

Less than one-third of out-of-hospital sudden cardiac arrest victims receive bystander CPR. Effective bystander CPR, provided immediately after sudden cardiac arrest, can double or triple a victim's chance of survival.

### **Automated External Defibrillators (AEDs)**

New technology has made AEDs simple and user-friendly. Clear audio and visual cues tell users what to do when using an AED and coach people through CPR. A shock is delivered only if the victim needs it. AEDs are now widely available in public places such as schools, airports and workplaces.

### **Teens/Youth**

About 5,900 children 18 years old and under suffer out-of-hospital cardiac arrest each year from all causes –including trauma, cardiovascular causes and sudden infant death syndrome. The incidence of out-of-hospital sudden cardiac arrest in high school athletes ranges from .28 to 1 death per 100,000 high school athletes annually in the U.S.

The American Heart Association does not have a minimum age requirement for people to learn CPR. The ability to perform CPR is based more on body strength rather than age. Studies have shown that children as young as 9 years old can learn and retain CPR skills.

### **Heartsaver CPR & AED**

This program is designed for anyone with limited or no medical training who needs a course certification card in CPR AED to meet job, regulatory, or other requirements. This program teaches how to perform CPR in adults, children, or infants, how to use an AED, and how to help an adult, child, or infant who is choking. Each student receives the highest quality course materials to supplement their learning. Skills practice and testing included during the course ensures students demonstrate competency. The cost of this course is \$35 per student.

**Tuesday, March 6<sup>th</sup> 8am – 12pm or Thursday, March 08 6pm – 10pm**

Call 616.844.0491 or email [psuchecki@springlaketwp.org](mailto:psuchecki@springlaketwp.org) to enroll. Class size is limited. All classes will be held at Spring Lake Fire Station 2, 18516 174th Ave.