



FOR IMMEDIATE RELEASE
City of Duluth Communications Office

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DATE: 09/17/2014

SUBJECT: Duluth Fire Department Offering Hands-Only CPR Trainings to Community

BY: Pakou Ly, Public Information Coordinator

Duluth Fire Department Offering Hands-Only CPR Trainings to Community

[Duluth, MN] - The Duluth Fire Department is looking for volunteers to become trained and help train others in Hands-Only CPR, an extremely easy to learn CPR technique that focuses only on compressions – not the mouth-to-mouth CPR method. The Duluth Fire Department's goal is to train over 3,000 people in the community.

Research has demonstrated that Hands-Only CPR is equally as effective as conventional mouth-to-mouth CPR, and people are more likely to feel comfortable performing it. With sudden cardiac arrest as a leading cause of death - nearly 360,000 out-of-hospital cases occur every year in the United States - the Duluth Fire Department is working to ensure that bystanders are prepared to respond. When a teen or adult has a sudden cardiac arrest, survival depends on immediately receiving CPR from someone nearby, especially since survival rates drop as much as 10 percent for every minute that goes by without intervention.

The Duluth Fire Department is offering opportunities for the public to learn Hands-Only CPR at a variety of upcoming community events. All events are free and registration is not required. The trainings will last 20-30 minutes. Individuals willing to take a pledge to train 5-10 friends and family members on Hands-Only CPR will be given an American Heart Association CPR Anytime Kit to take home. The kit includes a mini-Anne manikin and demonstration DVD that volunteers can use when training others.

“We need to help the public understand that any CPR is better than no CPR,” says Mike Consie, Captain at the Duluth Fire Department. “Volunteers who step up to train their friends and family on Hands-Only CPR might just be saving a life.”

The Fire Department is also available to provide Hands-Only trainings for businesses, churches and community groups of 10 or more people. To book a Hands-Only training, please contact Cheryl Skafte, Volunteer Coordinator, City of Duluth at cskafte@duluthmn.gov or 218-730-4334.

UPCOMING COMMUNITY EVENTS

American Heart Association Heartwalk

Saturday, September 20th | Lake Superior Zoo

Hands-Only Training Times: 9:15AM, 10:00AM, 10:45AM, 11:30AM and 12:15PM

Chester Bowl Fall Fest

Saturday, September 20th | Chester Bowl Park

Hands-Only Training Times: 1:15PM, 2:00PM, 2:45PM, 3:30PM

Lester River Rendezvous

Saturday, September 27th | Lester Park

Hands-Only Training Times: 1:15PM, 2:00PM, 2:45PM, 3:30PM

Family Volunteer Day

Saturday, November 22nd | Duluth Public Library - Main

Hands-Only Training Times: 1:15PM, 2:00PM, 2:45PM, 3:30PM

Hands-Only training is not a certification course and is recommended in sudden cardiac arrest situations involving a teen or adult.

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