



PRESS RELEASE

City of Pompano Beach

100 West Atlantic Boulevard | Pompano Beach, FL 33060

Press Release Date: 11/19/18

CPR Saturday
Pompano Beach Fire Station 11
109 N. Ocean Boulevard
Saturday, December 1st
9:00 a.m. – 12:00 p.m. and 1:00 p.m. – 3:00 p.m.

Pompano Beach Fire Rescue will be hosting a special mass Cardiopulmonary Resuscitation (CPR) training event. CPR Saturday will be held on December 1st from 9:00 a.m. to 12:00 p.m. and from 1:00 p.m. until 3:00 p.m. The Mass CPR classes are only five minutes long and will be hands only training, without mouth to mouth breaths. It is recommended for use by people who see a teen or adult suddenly collapse in an out-of-hospital setting such as at home, work or in public places. Everyone eight years of age and older are encouraged to participate. The CPR classes are taught in groups, every 15 minutes and are free of charge.

Cardiopulmonary resuscitation is an emergency procedure that combines chest compressions, often with artificial ventilation, in an effort to manually preserve intact brain function until further measures are taken to restore spontaneous blood circulation and breathing in a person who is in cardiac arrest.

CPR Saturday participants will watch a video entitled "CPR Stayin' Alive". They then follow the instructors and perform their newly attained hands-on skills on a mannequin, assisted by two CPR Instructors. Everyone completing the five minute course will receive a special CPR hands only training certificate.

The CPR Saturday campaign not only reinforces the significance of CPR skills, but also places importance on the willingness of bystanders to act in a cardiac arrest emergency. According to the American Heart Association, approximately 90 percent of people who suffer out-of-hospital cardiac arrests die. Hands only CPR is an easy, effective way for any bystander, especially if they act immediately, to double or triple a cardiac arrest victim's chance of survival. 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.