



## VENTURA COUNTY FIRE PROTECTION DISTRICT

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# NEWS RELEASE

**FOR IMMEDIATE RELEASE**

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### **Learn how to save a life in five minutes VCFD firefighters and first responders to host Hands-Only CPR Event**

CAMARILLO, Calif. – Want to learn hands-only CPR? Join Ventura County firefighters, nurses and first responders on Wednesday, June 6, 2018, for training demonstrations at Starbucks, 540 Las Posas Road in Camarillo. All participants will receive a free cup of coffee.



As a part of National CPR week, June 1 through 8, 2018, Ventura County emergency care providers will host free Hands-Only CPR demonstrations and training at five other locations throughout the week. Check the following link for times and a location near you. <https://goo.gl/mrIORj>

"When someone has a heart attack, the first few minutes are critical. Bystanders must act quickly, knowing what to do," said Chief Mark Lorenzen of the VCFD. "Hands-Only CPR is a great way to equip more people to effectively compress the patient's heart in that critical gap between cardiac arrest and the arrival of emergency personnel."

The Hands-Only CPR program is designed to provide anyone with the basic skills needed to save a family member, friend or nearby person experiencing a sudden cardiac arrest. Using only compressions, Hands-Only CPR can more than double a victim's chance of survival because it provides necessary blood flow to the brain during the four to five minutes it takes first responders to arrive on the scene.

It involves three steps and can be taught to a potential responder in as little as five minutes. The technique is simple, requiring only the correct application of chest compressions. It does not involve blowing air into the patient's mouth.

In 2017, Ventura County EMS providers responded to 388 cardiac arrests. Only 52 percent of those cases had bystander CPR in progress. Less than half of those victims went home with minimal to no permanent brain damage.

For additional information, contact the Ventura County Fire Department's Public Information Office at (805) 389-9769 or [PIOFire@ventura.org](mailto:PIOFire@ventura.org).

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