

TAKE THE TIME TO LEARN HOW TO SAVE A LIFE

New CPR Procedures Makes It Easy For Anyone to Do It

Greetings Fellow Villa Residents,

As you already know, most of us that own/rent/reside in the Villas are no longer “spring chickens.” Having said that, it should also make sense to you that as we age we are all more susceptible to either being a victim of, or being with someone who becomes a victim of, a sudden cardiac event.

The very thought of having to perform cardio pulmonary resuscitation (CPR) scares most of us to death. On the other hand, not taking prompt actions when witnessing someone experience a cardiac event will most likely lead to their untimely passing.

The "New" CPR

Here is a demonstration of the new, easier CPR method which takes the complication out of the one taught and practiced a few years ago. It's easy to remember, you don't have to be certified to use the method, and it can save a life!

You may have seen other videos demonstrating this technique, but this video is done by the doctors who developed the procedure at the University of Arizona Sarver Heart Center. Just click on the link below to watch the video:

→ <http://ahsc.Arizona.edu/node/730>

Jerry Mason – Retired Assistant Fire Chief, Columbus Ohio Division of Fire