

Senator Saland Shares Information About Emergency Preparedness

STEPHEN M. SALAND July 29, 2012

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Dear Friends:

Recently, we recognized National CPR Awareness Week, and I learned that an alarming 88% of cardiac arrests occur at home. With statistics in mind, if we are called upon to perform CPR, it will most likely be for a loved one – a brother, sister, parent, grandparent or child.

According to the American Heart Association, effective CPR provided immediately after a sudden cardiac arrest can double or triple a victim's chance of survival. Training is easy and available, and with it, a life may be saved. The American Heart Association provides a one-minute instructional video that can be viewed here. To find comprehensive classes in our community, please visit Redcross.org and enter your zip code to find one closest to you.

Emergency preparedness takes on a new meaning when we are saving our family and friends.