

Take a Moment...and Save a Life!



Cardiac Arrests

According to the American Heart Association, 70% of cardiac arrests occur at home and almost 20% take place in public spaces. That's 90% out-of-hospital, and most of these people die because they do not receive immediate CPR from someone on the scene.

Do You Know Bystander CPR?

Would you be able to respond to a cardiac emergency or would you be afraid? Would you just assume that EMS will arrive in time? By participating in Hands-Only CPR training you can be confident and prepared to save a life. Providing immediate CPR can double or even triple a person's chance of survival. The life you save is likely to be someone close to you!

How to Learn Hands-Only CPR

Qualified Alaska Regional Hospital staff and other local partners will instruct you in a 3-step process: 1) call 911, 2) perform hands-only CPR, and 3) Learn to use an AED. Let's support the American Heart Association's mission to double the rate of out-of-hospital bystander CPR. Nationwide this rate is only 31%. We can make a difference and increase the number of survivors in the Anchorage community.



2018 HANDS-ONLY CPR SESSIONS

Alaska Regional will offer numerous FREE Hands-Only CPR events over the course of the year to work toward our community training goal for bystander CPR and AED use.

We intend to partner with others, including Airport Police & Fire, AFD, schools, churches, companies, local groups, etc. If you think Hands-Only CPR would benefit your organization, please contact Ruth Townsend at 264-1823.

Please note that these classes are practical only and participants do not receive a course completion card or certification.

UPCOMING DATES, TIMES & LOCATIONS

SATURDAY, FEBRUARY 17, 2018

8 a.m. - Noon

Alaska Regional Hospital, Ivy Room, 1st Floor
(Same day as Health Fair - do both!)

RSVP to 264-1722 for a time slot.

SATURDAY, FEBRUARY 24, 2018

9 a.m. - 3 p.m.

Ted Stevens Anchorage International Airport
North Terminal, Badging Office Classroom
Validated parking in the North Terminal Lot
will be available.

RSVP to 264-1722 for a time slot.