

## Volunteer to Teach Hands-Only CPR

Dear Oregon State Legislators,

Bay Cities Ambulance recognizes that every year, too many Oregonians die from cardiac arrest at work, in school, at home, or on the street. Nationally, nearly 400,000 people have cardiac arrest outside of a hospital every year, and less than 11% of victims survive—most likely because they don't receive timely CPR. In 2008, the American Heart Association issued new guidelines for CPR making it easier than ever, but unfortunately too few people know about these changes. Now anyone can learn to save a life through the **Hands-Only CPR** two-step process.

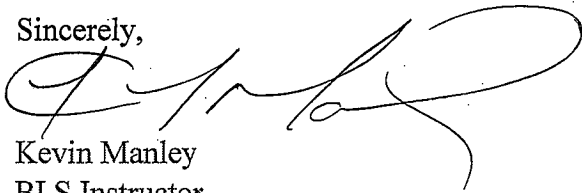
**Step 1:** Call 9-1-1. **Step 2:** Push hard and fast in the center of the chest until help arrives.

Hands-Only CPR is easy to learn and perform. Emergency medical responders across Oregon are using Hands-Only CPR and teaching others in their communities, especially young people, to help improve survival rates. **This is why we urge you to follow the lead of 18 states that have already made learning Hands-Only CPR a requirement for students.** Doing so in Oregon would bring new lifesavers into our communities each year.

As an organization dedicated to helping save lives, we are eager to see this policy passed in 2015, and are willing to commit Time, Resources, Equipment to help implement the training in schools in our community.

Bay Cities Ambulance is committed to helping ensure the success of Hands-Only CPR in schools to increase the number of lifesavers in our community.

Sincerely,



Kevin Manley  
BLS Instructor  
Bay Cities Ambulance