



## **SB 79: It's time for Oregon to be CPR Smart.**

**Requiring CPR training for Oregon students will prepare more than 45,000 new lifesavers each year to administer CPR in an emergency.**

### **SUDDEN CARDIAC ARREST: LESS THAN 11% SURVIVE**

If you suffer sudden cardiac arrest, your best chance at survival is receiving bystander CPR until EMTs arrive. But most do not. That's a reality that has to change, starting today.

- Each year, nearly 424,000 people have sudden cardiac arrest outside of a hospital, and only 10.4% of these victims survive.
- Sudden cardiac arrest can happen any place, at any time—**4 out of 5** in the U.S. happen at home.
- CPR is **easy to learn and simple**. After calling 9-1-1, push hard and fast in the center of the chest at 100 beats per minute.
- When a CPR-trained bystander is near, they can **double, even triple** these victims' survival rates by giving victims the help they need until the EMTs arrive.

### **ABOUT SB 79: TEACHING CPR IN SCHOOLS**

The American Heart Association is creating a generation of lifesavers by making sure students learn CPR before they graduate high school.

- *Saves lives:* Teaching students CPR before they graduate would put thousands of qualified lifesavers on our streets every year and could save thousands of lives,
- *Hands-On in Health Class:* **Oregon students are already required to take one-credit of health and to learn about CPR**, but they are not required to learn the psychomotor skills (or "hands-on" skills) that would prepare them to perform it in an emergency.
- *Simple to teach and learn:* In less than the time it takes to watch a 30 minute TV sitcom, we can give students the skills they need to help save a life with CPR.
- *Everyone benefits:* So far, 20 states across the country have passed laws requiring students to be CPR-trained before graduation, and it's paying off. Graduates from just one school in Long Island, N.Y., have saved 16 lives since being trained. **Oregon should be next.**

Let's save more lives. Let's train the next generation of lifesavers. Let's teach Oregon's students to be CPR smart. **Join the American Heart Association in supporting CPR training before graduation.**