

Dear Oregon State Legislators,

Nearly 400,000 people in the U.S. 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 20 states that have already made learning Hands-Only CPR a requirement for high school students.** Doing so in Oregon would bring new lifesavers into our communities each year. Consider these facts:

- Four out of five cardiac arrests happen in the home.
- Requiring Hands-Only CPR training for high school graduation will prepare more than 45,000 Oregon students each year to administer CPR in an emergency.
- Given right away, CPR doubles or even triples survival rates. Teaching students Hands-Only CPR could save thousands of lives by giving sudden cardiac arrest victims the immediate help they need to survive until first responders arrive.
- 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 someone's life with CPR.
- Hands-Only CPR fits well into the Health Class curriculum already required for all Oregon high school students. There is no costly certification required to teach Hands-Only CPR.

Many people are alive today because individuals trained in Hands-Only CPR – including youth and adults who received that training in school – stepped in and gave CPR until first responders arrived. We need to create a generation in which every brother, sister, son, daughter, friend, and complete stranger is trained in CPR and is prepared to save lives.

By formally making Hands-Only CPR a required life skill, we will dramatically improve cardiac arrest survival rates for generations to come. We urge your support of this important measure and welcome any questions or comments you may have.

Thank you for your consideration and service.

Sincerely,

Albany Fire Department
Ashland Fire Department
Astoria Fire Department
Clackamas County Fire District #1
Cloverdale Rural Fire Protection District
Cornelius Fire Department
Corvallis Fire Department
Crooked River Ranch Fire & Rescue
Estacada Rural Fire District
Forest Grove Fire & Rescue
Garibaldi Fire Department
Grants Pass Fire & Rescue
Gresham Fire & Emergency Services
Harrisburg Rural Fire District
Hood River Fire Department

Hoodland Fire District
Knappa-Svensen-Burnside Rural Fire Protection District
La Grande Fire Department
McKenzie Fire & Rescue
Medford Fire & Rescue
Mid-Columbia Fire & Rescue
Mt. Angel Fire District
North Douglas County Fire & EMS
North Lincoln Fire & Rescue District #1
Pendleton Fire Department
Portland Fire Department
Redmond Fire & Rescue
Seal Rock Rural Fire Protection District
Tillamook Fire Department
Tualatin Valley Fire & Rescue
Yamhill Fire Department

Sherman County Emergency Services
Reach Air Medical Services
Bay Cities Ambulance
Blue Mountain Hospital Ambulance
Southern Wasco County Ambulance
Lifeguard Air Ambulance