



Rigoberto Vargas, MPH
Public Health Director
Steve Carroll
EMS Administrator

2220 East Gonzales Road, Oxnard, CA 93036

805.981-5301

<http://www.vchca.org/ems>

Contact:

Adrienne Stephens (805) 677-5297
Asst. Public Information Officer
Adrienne.stephens@ventura.org

Sheila Murphy (805) 677-5274
Public Information Officer
Sheila.murphy@ventura.org

Ventura County Emergency Medical Services to teach Hands-Only CPR at nine Ventura County locations, June 5

(VENTURA COUNTY, Calif.) - On Thursday, June 5, from 10 a.m. – 1 p.m., Ventura County Emergency Medical Services (VCEMS) will partner with the American Heart Association (AHA) and Ventura County EMS providers to host free Hands-Only Sidewalk CPR trainings at nine locations throughout Ventura County.

CPR instructors will demonstrate the Hands-Only CPR technique in public places with the goal being to teach more people how to respond appropriately if they witness someone experiencing sudden cardiac arrest. Participants will have the opportunity to learn the simple two-step technique, practice on mannequins and receive information on where they can go if they want to become fully CPR certified.

Cardiac arrest can happen to anyone at any time. Nearly 300,000 out-of-hospital sudden cardiac arrests occur in the U.S. each year and only 32 percent of the victims receive CPR from a lay person. Failure to act in a cardiac emergency results in unnecessary deaths. In fact, less than eight percent of people who suffer cardiac arrest outside of a hospital survive but, when an effective bystander immediately administers CPR, the chance of survival more than doubles.

“We know that 70 percent of Americans may feel helpless to act during a cardiac emergency because they either do not know how to administer CPR or their training has lapsed,” said Steve Carroll, VCEMS Administrator. “This alarming statistic could hit very close to home, because home is exactly where 80 percent of cardiac arrests occur.”

Introduced by the AMA in 2010, Hands-Only CPR does not require alternating chest compressions with mouth-to-mouth breathing and is intended for bystanders untrained in traditional CPR. Studies show that the technique is just as effective as traditional CPR at keeping cardiac arrest victims alive without suffering brain damage and is a way for those untrained in full CPR to step up and help.

Hands-only CPR will be demonstrated at the following nine confirmed locations:



Rigoberto Vargas, MPH
Public Health Director
Steve Carroll
EMS Administrator

2220 East Gonzales Road, Oxnard, CA 93036

805.981-5301

<http://www.vchca.org/ems>

City	Location	Address
Ventura	Ventura County Govt. Ctr., Main Plaza	800 S. Victoria Ave., Ventura, CA 93009
Ventura	Pacific View Mall	3301 E. Main St., Ventura, CA 93003
Ojai	Starbucks	11484 N. Ventura Ave., Ojai, CA 93023
Oxnard	The Esplanade	195 W. Esplanade Dr., Oxnard, CA 93033
Camarillo	Starbucks	540 Las Posas Rd., Camarillo, CA 93010
Fillmore	VONS	636 W Ventura St, Fillmore, CA 93015
Thousand Oaks	The Oaks Mall	350 W. Hillcrest Dr., Thousand Oaks, CA 91360
Simi Valley	Civic Center Plaza	2679 Tapo Canyon Rd., Simi Valley CA 93065
Camarillo	Cal State Channel Islands	One University Dr., Camarillo CA 93012

For more information about the free Hands-Only CPR trainings, contact VCEMS at: (805) 981-5301, go to: www.vchca.org/ems, or visit: <http://handsonlycpr.org/>.

###