

## **CPR & AED Awareness Week: Be Prepared to Save a Life**

National CPR/AED Awareness Week is June 1-7, 2025, and the ATSPA team is marking the occasion by sharpening our life-saving skills. Thanks to Cumberland Goodwill EMS, the ATSPA staff was certified in CPR and AED — equipping our staff with the certification and confidence needed to act in an emergency.

When someone's heart unexpectedly stops, every second counts. Learning CPR and how to use an AED can turn an ordinary bystander into a life-saving hero. Let's walk through why these skills are essential and how you can be prepared to step up when it matters most.

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### **What is CPR?**

CPR (Cardiopulmonary Resuscitation) is a life-saving procedure that keeps oxygenated blood flowing to vital organs when the heart stops beating. There are two main types:

- **Hands-Only CPR:** Focused on chest compressions at a rate of 100-120 compressions per minute. Simple, effective, and recommended for untrained bystanders.
- **Conventional CPR:** Combines chest compressions with rescue breaths. Ideal for trained individuals.

For those unsure about the right compression pace, remember this helpful tip: “Stayin’ Alive” by the Bee Gees, “Baby Shark” by Pink Fong, or “Dancing Queen” by ABBA all have a tempo in line with effective CPR compressions.

### **Quick CPR Steps:**

1. Assess the scene for danger.
  2. Call 911 immediately.
  3. Assign someone to retrieve an AED.
  4. Check for pulse, breathing, and responsiveness.
  5. If unresponsive, begin chest compressions.
  6. Give rescue breaths if trained to do so.
  7. Continue CPR until help arrives or an AED is ready.
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## What is an AED?

An AED (Automated External Defibrillator) is a portable device that analyzes heart rhythms and can deliver a shock to restore a normal heartbeat. AEDs are designed to be user-friendly, with clear voice prompts and visual instructions.

If someone experiences sudden cardiac arrest:

- Send someone to retrieve an AED immediately.
- Turn on the AED and follow its instructions.
- Continue CPR until the AED is ready to be used.

When used within two minutes of collapse, an AED can increase survival rates to 50–70%, compared to less than 10% when no defibrillation is performed, according to the CDC.

## Why It Matters:

- 70% of cardiac arrests happen at home.
- Only about half of bystanders intervene.
- Knowing CPR and AED use can double, even triple, survival chances.

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## Step Up & Save Lives

This **CPR/AED Awareness Week**, we encourage you to take the step toward becoming a lifesaver. Training is widely available and often affordable — sometimes even free.

## Helpful Resources:

- **American Heart Association (AHA):** In-person and online classes.
- **American Red Cross:** Community courses and certifications.
- **Local Fire Departments & Hospitals:** Many offer public training sessions.

While blogs and videos are helpful for basic awareness, certified, hands-on training is strongly recommended to build real confidence and skill.

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Whether you're a healthcare professional or someone with no prior experience, CPR/AED Awareness Week is the perfect time to get trained, refresh your skills, and be prepared to save a life.

When the unthinkable happens, will you be ready?

**Click here** for more information on CPR and AED resources, plus step-by-step guides to proper technique.