



CONTRA COSTA COUNTY FIRE PROTECTION DISTRICT

Con Fire's 10,000 High School Student Hands-Only CPR Initiative

As the 911 emergency ambulance provider for most of our county, Contra Costa County Fire-EMS, with support from our ambulance transport Alliance partner, AMR, is launching an ambitious initiative this fall to train every high school student in the District to save lives in our communities using simple Hands-Only CPR.

The justification is simple, too – every minute a sudden cardiac arrest victim goes without care, their chance of survival drops by eight to ten percent. Other communities have doubled their citizens' survival rates, in part, because high school students are trained as part of their standard academic curriculum.

Our goal is to save lives by training more than 10,000 Contra Costa County high school students during the 2019-20 academic year.

Perhaps the best news for administrators, faculty, students, and the community is Hands-Only CPR training, based on the American Heart Association standard (<https://cpr.heart.org/>), can be accomplished in an interactive and fun 10-minute class.

Training is being scheduled beginning with the start of the 2019-2020 academic year and will be conducted by uniformed Con Fire firefighters and AMR paramedics. The non-certification training includes a fun and age-appropriate video, a hands-on-mannequin practical portion, and a leave-behind reminder card – all designed for the high school student. Training can be hosted during assemblies, physical education classes, or lunch periods.

Fire Captain Ken Loo and EMS Community Education Specialist Anna Cleese are managing this initiative.

For questions about the initiative or to schedule your school to participate in this life-saving training, please contact Anna Cleese at (209) 548-8016 or by email at anna.cleese@amr.net.

