

# SHARE THE WELLNESS TIP



November 27, 2015

## Get The Training You Hope You'll Never Have To Use



Medical emergencies can happen anytime, anywhere, to anyone. Be as prepared as you can be to help by getting First Aid, CPR (cardiopulmonary resuscitation), and AED (automated external defibrillator) training.

Immediate medical help, even by a non-professional provider, can make the difference between life and death in many situations. Take a look at cardiac arrest. According to the American Heart Association:

- 🐼 Nearly 383,000 out-of-hospital sudden cardiac arrests occur annually, with nearly nine in every 10 cardiac arrests happening at home to victims who appear healthy with no known heart disease or other risk factors.
- 🐼 Effective by stander CPR provided immediately after sudden cardiac arrest can double or triple a victim's chance of survival.
- 🐼 Only 32% of cardiac-arrest victims get CPR from a bystander.
- 🐼 As a result, less than 8% of people who suffer cardiac arrest outside the hospital survive.

First Aid, CPR, and AED training are available through various organizations, including many hospitals, the American Heart Association ([heart.org](http://heart.org)), and the American Red Cross ([redcross.org](http://redcross.org)). Some organizations provide training for free; others may charge a small fee.