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NORTH COUNTY FIRE AUTHORITY ENCOURAGES HANDS ONLY CPR

Overview:

NCFA is proud to conduct Hands-only CPR training to our communities.

Objectives:

- Help save lives.
- Increase community bystander CPR.
- Bring local communities together around recognizing and improving survival from Sudden Cardiac Arrest.

Messaging:

Monthly, NCFA will provide **free** coaching in Hands-only CPR.

- Our primary goal is to save lives by encouraging bystanders to assist in the chain of survival by recognizing Sudden Cardiac Arrest and providing CPR until first responders arrive.
- Schools, businesses, community groups and the public can enhance cardiac safety and survival at their offices/buildings, homes, schools and public places.

Question and Answer:

Q: Why is NCFA doing this?

A: We want to improve the chain of survival in our communities by empowering the recognition of Sudden Cardiac Arrest and provide CPR until first responders arrive. This simple act can triple a Sudden Cardiac Arrest victim's chance of survival.

Q: Who can participate?

A: Anyone.

Q: Is Hands-only CPR an effective way to save lives?

A: Yes. Research shows that bystanders who provide compression-only CPR can double or triple a victim's chance of survival from Sudden Cardiac Arrest.