



City of Monterey Park News Release

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Monterey Park Fire Department to Host Free “Hands-Only CPR” Training on Sidewalk CPR Day June 4

Learn how to save a life in just five minutes at Monterey Park City Hall

Monterey Park, Calif. – June 1, 2015 - The [Monterey Park Fire Department](#) will provide free “hands-only CPR” training on Sidewalk CPR Day, Thursday, June 4, 9 a.m.-12 p.m. at Monterey Park City Hall as one of over 90 sites across Los Angeles County. Last year, more than 17,000 people in Southern California learned how to save a life in just five minutes with a quick lesson from local firefighters and medical professionals.

Fire Chief Scott Haberle states, “Last year the Monterey Park Fire Department responded to over 100 not breathing medical calls. Thanks to easy access to training, citizen CPR is rapidly growing as a way to empower bystanders to save a life when someone suffers sudden cardiac arrest. We are glad to team up with the Los Angeles County Emergency Medical Services Agency and the American Heart Association to bring Sidewalk CPR to our local community. With 80 percent of all cardiac arrest occurring at home, we need to help family and friends learn how to double or triple their loved one’s chance of survival.”

**Only 32 percent of victims receive CPR from a bystander.
Don’t be a bystander in a cardiac emergency – be a lifesaver!**

Learning hands-only CPR helps local emergency responders by focusing on the first few critical minutes following a cardiac arrest. Since the lungs and blood contain only enough oxygen to keep vital organs healthy for that amount of time, bystanders become heroes until emergency responders arrive on scene. With each chest compression using hands-only CPR, ordinary citizens can easily provide the ongoing blood flow needed to give the patient a much better chance of survival once responders arrive.

For more information about this upcoming training, contact Justin Birrell at 626-307-1274 or jubirrell@montereypark.ca.gov. Monterey Park City Hall is located at 320 W. Newmark Avenue, Monterey Park, CA 91754.

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