



CPR & AED Awareness Week Beats New Life into Lifesaving *Sidewalk CPR Classes & Other Events Spotlight Lifesaving Techniques*

STEAMBOAT SPRINGS, COLORADO-May 31, 2023-Did you know about 70 percent of out-of-hospital cardiac arrests happen in homes? If you are called on to give CPR, in an emergency, you will most likely be trying to save the life of someone you love. During National CPR & AED Week, which runs June 1-7, Steamboat Springs Fire Rescue (SSFR) will be raising awareness on these lifesaving methods.

“Be the difference for your parent, spouse, or child and learn how to use an AED or administer CPR,” commented Fire Chef Chuck Cerasoli. “Their survival depends on receiving CPR from someone nearby and techniques have evolved which are very simple enabling you to act quickly.”

A survey shows that only half of Americans would perform lifesaving CPR. That’s because the other half don’t know what to do, fear legal ramifications or hurting the victim, and think someone else will come to the rescue. However, the benefits of performing CPR far outweigh the risk and can double or triple the chance of survival.

During Awareness Week, SSFR will be conducting pop-up sidewalk CPR classes (less than two minutes) focused on hands-only CPR. It’s two simple steps: call 9-1-1 and push hard and fast in the center of the chest until help arrives. SSFR also provides free CPR training classes for non-profit organizations throughout the year. Social media posts will highlight various tips each day on the SSFR Facebook page, and other local events will share vital knowledge on how to save someone’s life when seconds matter.

“We’re asking all members across the Yampa Valley to invest just 90 seconds of your day to learn these skills,” continued Cerasoli. “A mere ninety seconds is all it takes to be armed to act and save someone, most likely a loved one.”

The City of Steamboat Springs has 13 AEDs spread across various municipal facilities including the Steamboat Springs Airport, Centennial Hall, Combined Law Enforcement Facility, Community Center, Haymaker, Howelsen Hill, Ice Arena, Public Works Shop, Tennis Center, and Transit Building. Permitted special events also have an AED on site during the event.

In 2007, the American Heart Association (AHA) in coalition with the American Red Cross and the National Safety Council worked collaboratively to designate a National CPR and AED Awareness Week federally. On December 13, 2007, Congress unanimously passed a resolution to set aside June 1-7 each year as National CPR and AED Awareness Week to spotlight how lives can be saved if more Americans know CPR and how to use an AED.

-WeServeTheCity-

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