

For Immediate Release  
September 28, 2020



## **Free World Restart A Heart Day Digital Hand-Only CPR Training October 16**

The American Heart Association and Mission Federal Credit Union are offering a free Digital Hands-Only CPR Training session on Friday, October 16 as part of World Restart a Heart Day. World Restart a Heart Day is a global initiative to increase awareness about the importance of bystander CPR. The training will be conducted in both English and Spanish.

**WHO:** The American Heart Association (AHA) and Mission Federal Credit Union are collaborating to increase awareness of Hands-Only CPR, as well as building confidence in utilizing the life-saving skill.

**WHAT:** World Restart a Heart Day promotes bystander CPR worldwide, focusing on Hands-Only CPR training and the importance of immediate action to help save more lives from cardiac arrest globally.

The campaign reinforces that Hands-Only CPR is simple and effective and can be performed by anyone.

The training will be conducted via Facebook Live by American Heart Association volunteer and National University Emergency Medical Services Program Director Manny Medina. Medina also serves as Chair of the AHA Association Western States Regional Emergency Cardiac Care Committee

More than 150 Hands-Only CPR kits will also be safely distributed by the American Heart Association and Mission Federal Credit Union through various community organizations.

**WHEN:** Friday, October 16, 2020, 11 a.m. to 11:30 a.m.

**WHERE:** [www.facebook.com/events/654758245465542/](http://www.facebook.com/events/654758245465542/)

**WHY:** Each year, more than 350,000 out-of-hospital cardiac arrests occur in the United States. About 90 percent of people who suffer out of hospital cardiac arrest die. Research shows that CPR, especially if performed immediately, can double or triple a cardiac arrest victim's chance of survival. Many people don't perform CPR because they don't know what to do or they are afraid of hurting the person.

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