



## **NEWS RELEASE**

Date: November 17, 2011  
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**What: Media Event: Hands-Only CPR**  
**When: Monday, November 21<sup>st</sup>. at 1 pm**  
**Where: Valley Catholic Middle School (Cafeteria), 4420 SW St. Mary's Drive, Beaverton**  
**Why: First partnership in Oregon between a fire department and school to teach Hands-Only CPR to the community**

On Monday, November 21<sup>st</sup>, at 1 pm, Tualatin Valley Fire & Rescue firefighters will be distributing 125 special CPR kits at Valley Catholic Middle School. The kits will be given to the entire 8<sup>th</sup> grade class, who will teach over 500 family, friends, and community members Hands-Only CPR over the Thanksgiving weekend. Following that, the students plan to continue teaching the greater Beaverton community throughout the school year, to include Beaverton Mayor Denny Doyle and the city council, Oregon Food Bank staff, and local businesses and organizations interested in learning Hands-Only CPR. Valley Catholic School President Bob Weber states, "Partnerships like this are important because they give us the opportunity to educate our students through experiences that reach beyond the borders of our campus."

The program is the first of its kind in Oregon between a fire department and school. Tualatin Valley Fire & Rescue Fire Chief Mike Duyck states, "We are thrilled about this partnership and the prospect of saving even more lives. Our department responds to over 1,800 cardiac events each year and having someone ready and willing to initiate CPR before our paramedics arrive, can mean the difference between life and death for a patient." Tualatin Valley Fire & Rescue hopes to replicate this program in middle schools throughout its entire service area.

Valley Catholic students will be using the American Heart Association's **Family & Friends® CPR Anytime® Kit** which includes a short instructional DVD and a mini, blow-up resusci-annie to teach Hands-Only CPR. "We are thrilled to help Tualatin Valley Fire & Rescue provide this life-saving skill to students," said Maria Sweeten, the American Heart Association's Community CPR Manager. With 80 percent of cardiac arrests occurring at home, the life they save could likely be someone they love." Several years ago the AHA acknowledged that Hands-Only CPR—pressing hard and fast on a victim's chest until paramedics arrive—works just as well as traditional CPR for adults in sudden cardiac arrest.

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