



NEWS RELEASE

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TVF&R Recognizes West Linn Citizens for Performing CPR, Saving a Life

Firefighters from Tualatin Valley Fire and Rescue had a rare chance last night to publicly thank two bystanders who helped save a life by performing CPR. The firefighters recognized Dale and Jennifer Cook at Monday night's West Linn City Council meeting for coming to the aid of delivery truck driver Gerald Hassle.



Hassle was driving his FedEx truck down Oregon Highway 43 on October 14th, 2011 when he suffered cardiac arrest. Dale Cook, an off duty Clackamas Fire District firefighter, and his wife watched as the FedEx truck rolled across the highway, crashed through a retaining wall and stopped in front of a home. The Cooks stopped their car and ran to help Hassle, who was slumped over in his seat. The Cooks pulled Hassle from his truck and began CPR until firefighters from TVF&R's Bolton Station 58 arrived.

"This is why everyone should learn CPR," said TVF&R Apparatus Operator and Paramedic Todd Raeburn, who responded to the call aboard Engine 58, "it's simple, learn Hands Only CPR and you can save a life just like this couple did."

"CPR saved my life," says cardiac arrest survivor Gerald Hassle, "I am so grateful to the Cooks for knowing what to do."



The Cooks pulled Hassle from the truck and performed CPR on the driveway until TVF&R arrived. Photo Courtesy West Linn Police

Both police officers and firefighters rushed to the scene as the Cooks performed CPR. West Linn Police often respond with TVF&R to cardiac related medical calls and several of their police cars carry AEDs. "This is a great example of firefighters and police officers working together to help citizens when seconds count," says TVF&R Division Chief Brian Sherrard. "Thanks to Mr. and Mrs. Cook's quick actions, their effective use

of CPR, and a quick response from police and firefighters, Mr. Hassle is alive today."

Each year in the U.S., approximately 400,000 people die of unexpected sudden cardiac death before reaching a hospital or in a hospital emergency room. Tualatin Valley Fire and Rescue responds to more than 1,000 cardiac related calls every year. Over the past several years survival rates for cardiac arrest in TVF&R's service area have ranged between 10 and 22 percent, surpassing the national average. TVF&R believes our survival rates are higher in part because local 911 dispatchers were some of the first in the region to instruct callers to perform Hands Only CPR. Other factors include quick calls to 911, the fact that TVF&R is an Advanced Life Support provider, and the increasing availability of automatic external defibrillators in the area.

Research shows that individuals still have ample air in the lungs and blood, and Hands-Only CPR keeps oxygenated blood flowing to the brain, heart, and other organs until emergency responders arrive and take over.

"Virtually anyone can perform Hands Only CPR," says TVF&R Paramedic Todd Raeburn, "if you see someone collapse, call 911 and push hard and fast at the center of the person's chest until help arrives."

To learn more about heart attacks and cardiac arrest, visit <http://tvfr.com>.

You can also visit <http://handsonlycpr.org> to learn about Hands Only CPR. The website includes video tutorials that will help you and your family understand the basics of performing CPR.

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