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FOR IMMEDIATE RELEASE

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Vernon Fire Department to Host Free Hands-Only CPR Training During 'Sidewalk CPR Day' on Thursday, June 2

Training to be held at Vernon Fire Station #1 at Fruitland and Downey, Fire Station # 2 at Santa Fe and Vernon, and Fire Station # 4 at Bandini and the 710 Freeway. Community residents and workers at Vernon's 1,800 businesses are urged to take five-minute training to learn how to save a life.

Vernon, CA – Members of the Vernon Fire Department will provide free hands-only CPR training for "Sidewalk CPR Day" on Thursday, June 2, from 11:30 am to 2:00 pm to increase the number of people trained to perform a tested life-saving procedure. Sidewalk CPR training will be available at three locations: Vernon Fire Station # 1 (3375 Fruitland Ave., Vernon 90058), Vernon Fire Station # 2 (4301 Santa Fe Ave., Vernon 90058), and Vernon Fire Station # 4, (4530 Bandini Blvd., Vernon 90058)

Over 70-sites across Los Angeles County will participate in this year's Sidewalk CPR Day. Last year, more than 10,000 people throughout Southern California learned how to save a person's life in just five minutes with a quick lesson from local firefighters and medical professionals.

Vernon Fire Department Captain Michael Busch said, "Sidewalk CPR is rapidly growing as a way to empower bystanders to step in to save someone's life when a person nearby suffers sudden cardiac arrest." "Only 32-percent of victims receive CPR from a bystander. Don't be a bystander in a cardiac emergency, be a lifesaver!" Captain Busch said.

"We are glad to team up with the Los Angeles County Emergency Medical Services (EMS) Agency and American Heart Association to bring Sidewalk CPR to the Vernon community. 80 percent of all cardiac arrests occur at home. We need to help family members and friends learn how to double or triple a loved one's chance of survival by confidently using CPR techniques," Captain Busch said.

Learning hands-only CPR helps local emergency responders by focusing on the first few critical minutes following a cardiac arrest. Since a person's lungs and blood contain only enough oxygen to keep their vital organs healthy for a short amount of time, bystanders can become heroes by administering CPR until emergency responders arrive on scene.

Using hands-only CPR, ordinary residents – with each chest compression – can easily provide the ongoing blood flow a heart attack victim needs to help a patient gain a much better chance of survival once paramedic responders arrive.

Once trained in Sidewalk CPR, residents are encouraged to download the “Pulse Point App” for iOS and Android phones to receive notifications that someone nearby is in need of CPR. To learn more, visit Pulse Point Foundation at www.pulsepoint.org.

For more information about this upcoming training, contact Captain Michael Busch at (323) 583-8811, or mbusch@ci.vernon.ca.us. On Twitter, go to #sidewalkcprLA.

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Vernon was founded in 1905 to create jobs in California. Vernon’s 1,800 businesses create more than 105,000 jobs in the Los Angeles area – including 55,000 jobs within the city’s 5.2-mile boundary. The Los Angeles County Economic Development Corporation designated Vernon as California’s ‘Most Business Friendly City.’ Vernon generates more than \$330 million in state income and sales taxes, \$1.1 billion in taxable spending. Vernon’s businesses provide more than 4.4 billion in salaries and wages annually for workers in Los Angeles County. For more information, go to www.cityofvernon.org.