



City of Monterey Park News Release

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Sidewalk CPR Day June 2, 2016

Don't be a bystander in a cardiac emergency – be a lifesaver!

Monterey Park, Calif. – May 31, 2016 - The [Monterey Park Fire Department](#) will provide free hands-only CPR training on Thursday, June 2, 2016 from 8 a.m.-12 p.m. in front of [Monterey Park City Hall](#), 320 West Newmark Avenue; Monterey Park. This event is being held on Sidewalk CPR Day and is one of 70 sites across Los Angeles County that will be hosting Sidewalk CPR training. Last year, more than 10,000 people in Southern California learned how to save a life in just five minutes with a quick lesson from local firefighters and medical professional.

“Citizen CPR is rapidly growing as a way to empower bystanders to save a life when someone suffers sudden cardiac arrest,” says Monterey Park Fire Chief Scott Haberle. “Every single minute counts towards saving a life, which is why we encourage everyone to learn Hands Only CPR. With 80 percent of all cardiac arrests occurring at home, family members and friends should learn how to double or triple their loved one’s chance of survival. This is why we are glad to team up with the Los Angeles County Emergency Medical Services Agency and the American Heart Association to bring Sidewalk CPR to our local community,” Haberle added.

Hands-only CPR focuses on the first few minutes following a cardiac arrest, since the lungs and blood contain only enough oxygen to keep vital organs healthy for that amount of time. While emergency responders are on their way to the scene, chest compressions using hands-only CPR will provide the ongoing blood flow needed to give the patient a much better chance of survival once responders arrive.

In Los Angeles County, less than three percent of the nearly 383,000 sudden cardiac arrest victims survive. Only 32 percent of victims receive CPR from a bystander. Don't be a bystander in a cardiac emergency – be a lifesaver!

For more information about this upcoming training, contact Engineer Justin Birrell at 626-307-1271 or jubirrell@montereypark.ca.gov.

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