



**I can save your life... can you save mine?**

**FOR IMMEDIATE RELEASE**

## **CPR Saturday Offers Free Training at the Home & Health**

**Billings, MT** – CPR Saturday will offer free CPR training classes on February 19, 2011 at the Montana Pavilion at Metra Park. Classes will be offered throughout the day between 8:00 a.m. and 3:00 p.m. Certification courses will be offered at 9 a.m. and 1 p.m. for a \$40 fee.

CPR is an emergency lifesaving procedure used to revive someone who has stopped breathing or whose heart has ceased functioning. CPR uses heart massage and mouth-to-mouth resuscitation to get the heart or lungs working again.

About 75 percent to 80 percent of all sudden cardiac arrests happen at home, so being trained to perform cardiopulmonary resuscitation (CPR) can mean the difference between life and death for a loved one.

- Sudden cardiac arrest results in the deaths of more than 650 adults and children each day in the United States.
- CPR provided immediately after sudden cardiac arrest can double or even triple a victim's chance of survival.
- Survival of sudden cardiac arrest can be as high as 90 percent if treatment is administered within 4-6 minutes of the arrest.
- On average, only 24.7 percent of out-of-hospital cardiac arrest victims receive CPR. You could be the person in the crowd who knows how to help.

If bystander CPR is *not* provided, a sudden cardiac arrest victim's chances of survival fall 7 percent to 10 percent for every minute of delay until defibrillation. Few attempts at resuscitation are successful if CPR and defibrillation are *not* provided within minutes of collapse.

With the proper knowledge and tools, everyone can save a life.

Register today to learn CPR by calling (406) 255-8440 or (800) 252-1246 or register online at [www.cprsaturday.org](http://www.cprsaturday.org)

###