

## American Heart Association - Life is Why

Each year from June 1-7, National CPR (Cardiopulmonary Resuscitation) and AED (Automated External Defibrillator) Awareness Week stresses the importance of CPR and AED use. When someone goes into sudden cardiac arrest, every second counts.

According to the American Red Cross, more than 1,600 people suffer from cardiac arrest each day in the U.S. That means every day someone near you may need your help at any moment. Knowing CPR and how to use an AED could save their life. Or to put it in an even more personal perspective – someone next to you knowing these skills may save yours.



The more people who get training in CPR the more lives that may be saved.

How do you receive CPR and AED training? Many people receive training from the [Red Cross](#). You can sign up for classes or get recertified through them. Others receive their certification as a requirement through their employers.

### **HOW TO OBSERVE #CPRAEDAwarenessWeek**

Sign up for a CPR and AED course. You don't have to be in health care or a professional first responder to save a life. If you've taken a course before, share your experiences. You can even look into becoming a trainer. The observance also takes place during [National Safety Month](#). Becoming certified would be an excellent way to celebrate being prepared.

Join the movement and the conversation by using #CPRAEDAwarenessWeek on social media.

### **NATIONAL CPR AND AED AWARENESS WEEK HISTORY**

The [American Red Cross](#) and other National Cardiac Arrest Collaborative members promote the observance each year to encourage more people to get trained in CPR and AED use.

Sincerely,

Del Norte Healthcare District Board of Directors  
Kevin Caldwell, M.D.  
Elizabeth Austen  
Michael Young  
Tonya Pearcey, R.N.  
Juan Santillan

Sources:

<https://www.redcross.org/about-us/news-and-events/news/cpr-aed-awareness-week-every-second-counts.html>

<https://www.redcross.org/take-a-class>

