



Eastern Massachusetts Region
Cape Cod and Islands Chapter
286 South Street
Hyannis, MA 02610
Tel (508) 775-1540
Fax (508) 771-2209
www.cciredcross.org

American Red Cross organizes Save a Life Saturday on March 19th, 2011 in Mashpee, Harwich and Wellfleet

March 4, 2011 — The Cape Cod and Islands Chapter, American Red Cross will offer free CPR and first aid training on Saturday, March 19, as part of Gabrielle Giffords Honorary Save-a-Life Saturday. Red Cross chapters across the country will hold classes at more than 100 locations across the country to honor Rep. Gabrielle Giffords and all those involved in the Tucson tragedy.

Classes will be held as follows:

- Mashpee Public Library, 64 Steeple Street, Mashpee, MA - 10am
- Harwich Community Center, 100 Oak Street, Harwich, MA - 11am
- Wellfleet Public Library, 55 West Main Street, Wellfleet, MA - 2pm

To register online, go to EasternMassRedCross.org/savealife.

Training will last approximately 45 minutes, and will include instruction in hands-only CPR, controlling external bleeding and managing shock. More information and a complete list of communities participating in the event can be found on the event website at www.redcross.org/savealife.

“The tragedy in Tucson is a reminder of how important it is for everyone to know first aid and CPR,” said Glen Beasley, Executive Director of the Cape Cod and Islands Chapter. “As this tragic event unfolded, several bystanders knew these vital skills, which helped save the lives of many victims, including Congresswoman Giffords. This inspired us to offer this training right here in our community.”

Although most emergencies are not as large as the one in Tucson, it is important for the public to be prepared for ones that can happen at home, the office or at school. In fact, a Red Cross survey given in 2010 found that one in four people (27 percent) have found themselves in a situation where someone needed CPR. Recent research also shows that if more people learned hands-only CPR, we could increase the likelihood of surviving cardiac emergencies that occur outside a hospital by putting more victims within a few steps of lifesaving assistance.

The Red Cross is able to provide this free training through the generous support of Walgreens and Safeway.

“Some of our health care professionals saw first-hand during the Tucson tragedy the value of knowing CPR,” said Greg Wasson, Walgreens President and CEO. “This is invaluable and important training that we’re proud to help provide in partnership with the American Red Cross and in honor of Rep. Giffords as she continues her recovery. Every person trained is a potential life-saver.”

“We can think of no better way to honor Congresswoman Giffords and the other Tucson victims than to equip a greater number of citizens with life savings skills,” said Safeway Chairman and Chief Executive Officer, Steve Burd. “We are honored to be a partner in this important national endeavor and commend the Red Cross for leading it.”

Please note that the Save a Life demonstrations are shortened versions of official classes and there is no certification associated with this. Also on March 19, the Red Cross is premiering a special set of videos to teach CPR and first aid skills.

To find out more about CPR/AED and First Aid certification class schedules, with online options and class participation, please contact the American Red Cross, Cape Cod Islands Chapter, 286 South Street, Hyannis, MA 02601, call (508) 775-1540 or visit www.cciredcross.org

The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies nearly half of the nation's blood; teaches lifesaving skills; provides international humanitarian aid; and supports military members and their families. The Red Cross is a charitable organization — not a government agency — and depends on volunteers and the generosity of the American public to perform its mission.