



Eastern Massachusetts Region
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Media Alert

For Immediate Release

American Red Cross Announces Hands-Only Citizen CPR Course on April 18 in Hyannis

Hyannis, Mass., April 3, 2011 — The American Red Cross, Cape Cod and Islands Chapter will be offering hands-only Citizen CPR courses this spring at their Chapter House at 286 South Street in Hyannis. A class will be held on April 18 from 3:30-4:00 pm. The course will last for approximately 30 minutes and costs \$20. For registration, go to www.cciredcross.org or call (508) 775-1540.

Recent research has shown that continuous Compression-only CPR can be effective in caring for a person with no signs of life when a rescuer is unable, untrained or unwilling to perform full CPR. First Aid and CPR for Everyone was developed in response to this research. The course is not intended to substitute for a formal training course and it does not provide certification. It is geared toward providing students with an educational overview which can help them recognize and react to an emergency.

Reports show that the United States has a population of over 300 million people and less than 3 percent are formally trained in First aid and CPR each year. This course is being offered in response to an initiative to train 5 million people in hands-only CPR in 2011 reaching out to those who aren't required to have training for their jobs.

To find out more about class schedules, volunteering for the Red Cross, for disaster preparedness information in English, Spanish or Portuguese, or to donate, 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

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