

## CPR Information:

Many people are trained in CPR or Cardiopulmonary Resuscitation which is a life saving procedure that is performed when attempting to get the heart beating after it has stopped. According to [cpr.heart.org](http://cpr.heart.org) in the United States there are 475,000 people every year that die from cardiac arrest. CPR can be either the traditional chest compressions at the rate of 30 compressions to 2 breaths or compressions only. Keeping in mind the most important thing is doing compressions, whether you are perfect at them or not! There are some tips to the best CPR, such as trying to do even deep compressions of at least 2 in in depth and at a rate of 100-120 per minute, minimize stopping in between chest compressions and watching to avoid excessive ventilation in the 2 breaths. If you are interested in getting trained in CPR let us know, often there are public classes that are free to help people to be more comfortable.