

HELP FOR THE HEART



The American Heart Association shares that CPR (*Cardiopulmonary Resuscitation*) can double or triple the chances of survival after cardiac arrest. The *Emergency Medical Services (EMS)* team at Sandoval County Fire and Rescue knows this firsthand, and so, EMS provides CPR training to County staff throughout the year. **Lt. Shannon Farrell**, of the EMS team, explains that seconds count during a medical emergency.

“Knowing how to properly perform this emergency lifesaving procedure when the heart stops beating *saves lives and changes lives*,” she says. Recently, members of the Senior Services Division of the Community Services Department participated in a day-long training session. In that training, County staff learned the basics of identifying/recognizing medical emergencies and how to perform CPR. “The first step is always to CALL 911,” Lt. Farrell shares, “and then you do what you can until EMS arrives. This course works to increase knowledge, build confidence, and teach skills to our staff so that they can better assist an individual in medical distress until the paramedics are on scene.”

