



# Northwest EMS, Inc.

*Serving the communities of northwestern Lancaster County*

In the event of a sudden cardiac arrest (SCA), a victim will suffer irreversible loss of oxygen to their vital organs. If no life-saving care is received within about four minutes, that victim will likely not survive the event.

Similarly, if a victim suffers a traumatic injury resulting in severe blood loss, it is likely that the victim will bleed out (complete blood loss) within three to four minutes and they will not survive the event.

***This is un-necessary! Bystander can (and do) save lives!***

## **Hands Only CPR:**

Studies show that more than 350,000 people suffer cardiac arrest outside of a hospital each year and 90% of those victims will die!

The American Heart Association (AHA) recognizes this and has responded by instituting the Hands Only CPR® Initiative of 2008. The initiative aims to educate the public in the skills of Hands Only CPR®, place AED's in public places (schools, malls, churches, shopping centers, government buildings, etc.). A goal of the initiative is to reach all bystanders with this important education and to mandate Hand Only CPR® as a graduation requirement from high school.

## **Stop The Bleed:**

In the event of a traumatic hemorrhage from a wound, a victim can suffer severe blood loss and potentially bleed out (total blood loss) within 3 - 4 minutes. Stop The Bleed® is a 2015 Homeland Security initiative to prevent the tragic loss of life from a traumatic hemorrhage. The initiative aims to train everyone (over about the age of 16) the life-saving skills of bleeding control and advocate for the placement of trauma kits in public locations (similar to the locations that AED's have been placed).

## ***How can you help?***

At Northwest EMS we want to ensure that every adult and teenager over the age of 16 has received the basic life-saving training of Hands Only CPR® and Stop The Bleed®.

Northwest EMS teaches Hands Only CPR® and Stop The Bleed® at no cost to the community. Each class takes only about one hour and we can teach both classes in a two hour session.

***The day after a tragedy is not the day to learn about these simple and easy life-saving skills.***

**For more information or to schedule your free training session:  
Contact Lori Shenk, Community Outreach Manager, Northwest EMS**

**717-665-2904  
717-371-8282**

***PROUDLY SERVING OUR COMMUNITY, ONE PATIENT AT A TIME***