

# Dartmouth EMS Community Training Program



## Why Is CPR Training Important?

- 1) **CPR is a life-saving skill.** In the US, 300,000+ people have cardiac arrests annually, and early CPR can more than double the chance of survival.
- 2) **CPR is not performed enough.** Only 15-30% of cardiac arrests outside of a hospital receive bystander CPR.
- 3) **Most cardiac arrests occur at home.** Over 85% of cardiac arrests in the US take place at home where there are few to no bystanders.
- 4) **Hands-Only CPR is easy and life-saving.** Mouth-to-mouth resuscitation should not prevent someone from providing life-saving care.
- 5) **Using an AED is life-saving.** Chance of survival decreases 10% every minute an AED is not applied. Learning how to operate one is crucial.

Dartmouth EMS offers American Heart Association certification courses in First Aid and CPR. Most of our CPR courses are at the “Heartsaver” level, though we do offer training at the “Healthcare Provider” (Basic Life Support) level for professional rescuers. Our courses are available at a subsidized rate of \$10 per course for undergraduate students. The cost for graduate students, faculty, staff, and community members is \$45 per course. To see our full schedule each term and to register for classes, please visit our website at:

<http://sites.dartmouth.edu/dems/community-training/>.

We also offer courses for student organizations, community groups, and departments at locations and times of your choice. Please email us at [dartmouth.ems@dartmouth.edu](mailto:dartmouth.ems@dartmouth.edu) to set up a customized course for you at your location in the Upper Valley area.

