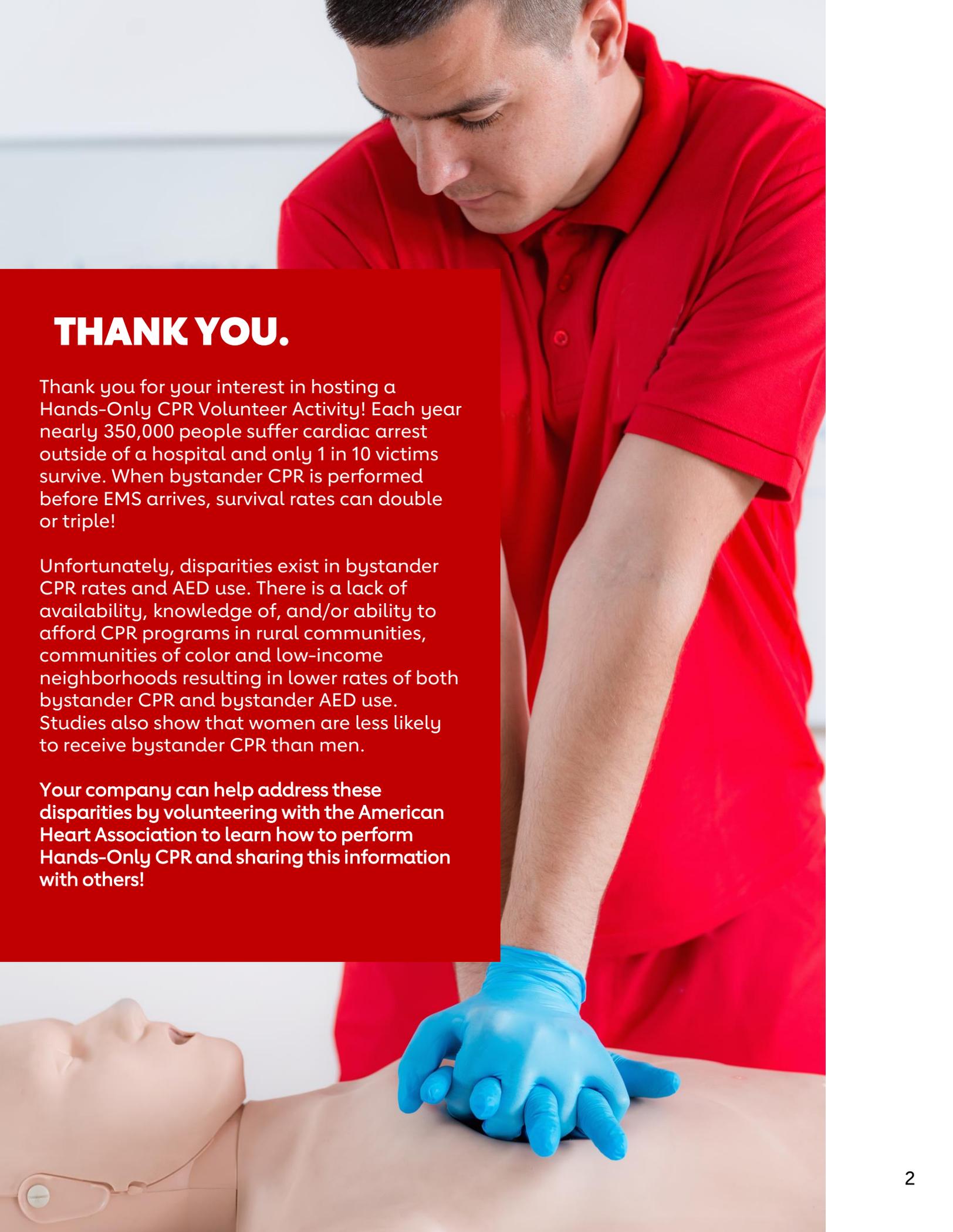




American  
Heart  
Association.



# Hands-Only CPR Volunteer Virtual Activity

A man in a red polo shirt is performing CPR on a mannequin. He is wearing blue gloves and has his hands on the mannequin's chest. The background is a plain, light-colored wall.

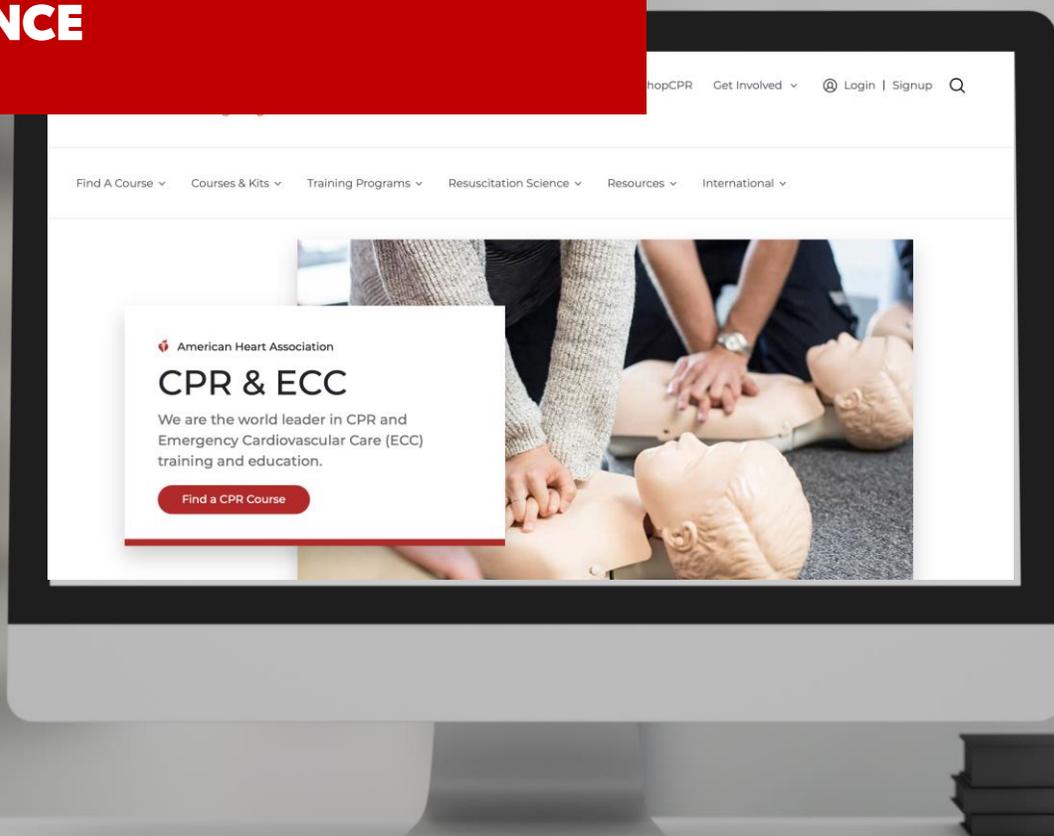
## THANK YOU.

Thank you for your interest in hosting a Hands-Only CPR Volunteer Activity! Each year nearly 350,000 people suffer cardiac arrest outside of a hospital and only 1 in 10 victims survive. When bystander CPR is performed before EMS arrives, survival rates can double or triple!

Unfortunately, disparities exist in bystander CPR rates and AED use. There is a lack of availability, knowledge of, and/or ability to afford CPR programs in rural communities, communities of color and low-income neighborhoods resulting in lower rates of both bystander CPR and bystander AED use. Studies also show that women are less likely to receive bystander CPR than men.

**Your company can help address these disparities by volunteering with the American Heart Association to learn how to perform Hands-Only CPR and sharing this information with others!**

# HOST A VIRTUAL VOLUNTEER EXPERIENCE



## PLANNING YOUR VIRTUAL HANDS-ONLY CPR VOLUNTEER ACTIVITY:

Invite employees to attend one of the LIVE virtual presentations led by the American Heart Association to learn about Hands-Only CPR and the warning signs of a heart attack. The one-hour presentation, led by AHA volunteers, include optional calls to action with fun virtual volunteer activities that can be completed anytime, anywhere.

**Recordings will also be available to share on a different date if preferred.**

### Dates of live virtual Hands-Only CPR Presentations:

October 14<sup>th</sup> – [World Restart A Heart Day](#)

February 4<sup>th</sup> – [Wear Red Day](#)

June 1st – [CPR & AED Awareness Week](#)

By the end of the presentation, participants will be able to share:

- How and when to use Hands-Only CPR
- What to do when you call for 911
- Ways to take action and get involved.

## Virtual volunteer activities To be shared with employees during the virtual presentations

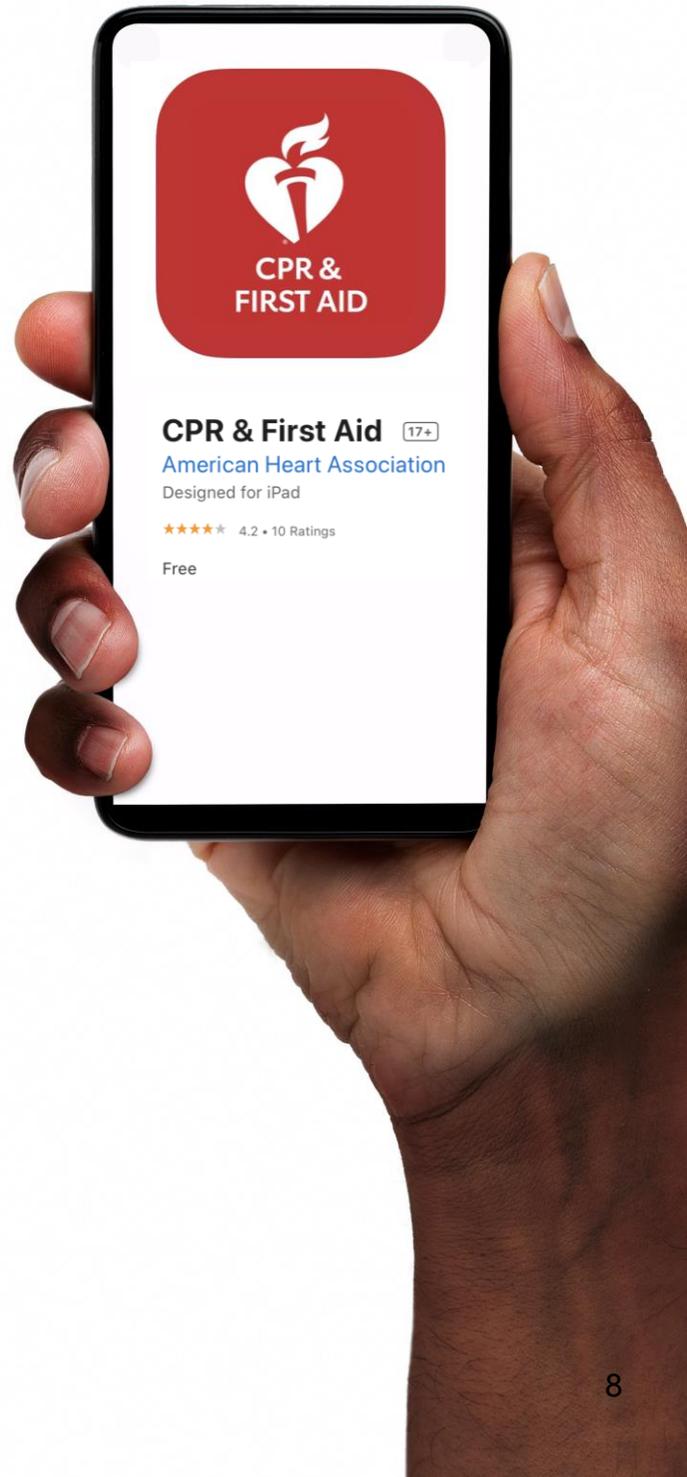
### Download the AHA's CPR & First Aid App

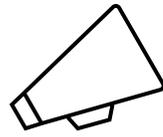
This app includes short and interactive health lessons to help employees be prepared to act in an emergency and brush up on lifesaving CPR & first aid skills with the American Heart Association!

Download via the [App store](#) or [Google Play](#)

## RAISE AWARENESS

- [Click here](#) to find messages and images, posters, e-mail templates and more that your employees can use share what they have learned about Hands-only CPR with others on social media and with family, friends and co-workers!
- Encourage employees to join the American Heart Association's the [You're the Cure Advocacy Network](#) to communicate with key legislators, connect with advocates near you and stay up-to-date on the heart and stroke issues that matter most to you.
- Share how to [become a regional CPR Volunteer](#).
- Find a local [training center](#) for employees interested in becoming certified in CPR..
- Provide the opportunity to employees to purchase an [Adult & Child CPR Anytime Kit](#) and practice the skill in the comfort of their own home with friends and family.





# Share How Your Employees Are Making A Difference!



## GET SOCIAL

Share information about your company's volunteer experience using the American Heart Association approved social media messages below, along with a photo of your volunteer activity:

- o "Our employees are proud to dedicate the time and talent of our employees in support of the American Heart Association.. We are getting to the heart of the matter and being a relentless force by raising awareness about Hands-Only CPR and how learning this skill saves lives."
- o "[Company name] is committed to showing up for our community and being a relentless force for longer, healthier lives. Our employees are proud to make an impact by volunteering with the American Heart Association!"

## AFTER YOUR COMPANY'S VIRTUAL VOLUNTEER ACTIVITY

Thank your volunteers and colleagues. Sample thank you email to volunteers:

Dear NAME,

Thank you for supporting [insert COMPANY NAME]'s Hands-Only CPR Activity. With your help, our company raised awareness X number of people on the lifesaving skill of Hands-Only CPR. Thanks to YOU for making a big impact and helping build an army of lifesavers in our community! Together, we are working with the American Heart Association to support overall heart health of our community. You are making a positive impact, and we appreciate your participation!



*Tip: Turn your time into treasure! If your company offers Dollars for Doers, be sure to encourage employees to log their volunteer hours!*

Visit [www.heart.org/matchinggifts](http://www.heart.org/matchinggifts), type in your company name and scroll to the bottom of the page see if your company offers these dollars.



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**Thank you!**