

IDEAS FOR COMMUNITY OUTREACH:

- Offer short Hands-Only CPR demos and training sessions during stand-bys at local events.
- Hold a mass CPR training event in partnership with local sports teams, clubs, and schools.
- Offer ongoing training at fire stations or other health or training facilities.
- Encourage businesses and schools to have an emergency response plan.
- Demonstrate CPR on camera for a local TV network or for a video that can be shared online.
- Coordinate a survivor celebration event to honor the 9-1-1 callers, EMS professionals, and bystanders who helped save a life.
- Involve local leaders, media personalities, celebrities, and sports stars that have strong influence and can be advocates.
- Volunteer for public appearances, media opportunities, and safety fairs in your community.
- Organize a CPR flash mob at your local college campus or other public space.

If you have manikins available:

- Have participants practice, giving feedback on the following areas that often need attention :
 - o Position hands in the center of the chest
 - o Push with straight arms and elbows locked
 - o Position body for maximum leverage, kneeling directly over the manikin
 - o Allow for the chest to completely release each time
 - o Push fast (at least 100 times per minute) and deep (2 inches)

Sample group activities if you do not have manikins:

- Have participants clap their hands to the beat of “Stayin’ Alive” by the BeeGees to get a sense of what 100 beats per minute feels like
- Have participants place the heel of their hand in the center of their own chest, between the nipples to understand the correct placement.
- Have participants repeat the steps: “Call 9-1-1,” “Push Hard and Fast,” “Use an AED.”
- Show a video of hands-only CPR, or do a live demonstration.