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CONTACT: Megan Hiler, Public Information Officer
Cell: 970-409-2784

mhiler@clearcreekcounty.us

CLEAR CREEK COUNTY EMS TO HOST FREE CPR AND AED TRAINING CLASS

Clear Creek EMS is on a mission to train 15 percent of the County's population in life-saving CPR skills in honor of Sudden Cardiac Arrest Awareness Month, which is observed during October.

Sudden Cardiac Arrest is a leading cause of death in the United States, with the condition affecting people of all ages. More locally, since 2020, Clear Creek County has had 62 out of hospital sudden cardiac arrest events.

In a cardiac emergency, bystander actions matter. To have a chance of surviving an attack, the American Heart Association states that victims of sudden cardiac arrest must receive a lifesaving defibrillation within the first four to six minutes of an attack and CPR immediately.

That's why Clear Creek EMS is hosting **free CPR and AED training on Oct. 26th at 1:00 - 4:00 PM at the Clear Creek Recreation Center located at 98 12th Ave. in Idaho Springs.** At this event, participants will learn how to administer CPR and how to use an automated external defibrillator (AED).

"As a paramedic, I've seen the power of CPR and AEDs firsthand. Every second counts, and learning these skills means you have the potential to save a life when it matters most," Clinical Education Captain for Clear Creek EMS Clark Church said. "There is a need for more educational efforts designed to increase the public's awareness of Sudden Cardiac Arrest and what to do when it happens."

Four years ago, Clear Creek EMS implemented a target cardiac arrest training program with the goal of increasing survival with good neurological outcomes. This included operational changes, AED distribution and training, community CPR training, internal quality assurance, and interagency collaboration with Clear Creek Fire Authority, and Clear Creek County law enforcement. Because of this, for the past four years, Clear Creek EMS has consistently achieved higher rates of survival (24 percent) and survival with positive neurological outcomes on cardiac arrest events when compared to the state of Colorado (10 percent) and the United States as a whole (eight percent).

Clear Creek EMS is also holding an AED Scavenger Hunt throughout the month of October in an effort to familiarize the community with AED locations across Clear Creek County. Below are instructions on how to participate.

1. Find an AED in Clear Creek County on your own, or by [visiting the map here](#), or by [downloading the PulsePoint AED app \(yellow\) here](#).
2. Verify the AED is registered and visible on the map!
3. If an AED is NOT on the map, add it!
4. Take a selfie with the AED you added, and send it to mhiler@clearcreekcounty.us to get your very own "Clear Creek EMS Heart Saver" coin!
5. Spread the word!

Below is a photo you are welcome to use in your publications.



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