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***United Neighbors -
to encourage and facilitate neighbors working together and helping each other on a daily and
emergency basis***

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Costa Mesa Would Be Much Safer if Everyone Knew Hands-Only CPR

How Do You Train A City? Learn it Yourself and Pay It Forward; Train 10 More or Your Whole Block; Ask Each of Them to Train 10 More.

- If you already know how to do Hands-Only CPR – lock your fingers together, press in the center of the chest just below the nipples with the heels of your hands with your elbows straight and your shoulders over your hands to add weight to the compressions, great!
- There is a 60 second demo video on the home page of this website <http://HandsOnlyCPR.org>. Take one minute and review it with the rest of your family.
- If you would like to practice on a manikin, come to one of the Sidewalk CPR tables listed below. There will be someone at the table who can answer your questions.
- Once you know how, show your neighbors and friends how. Ask them to pay it forward and show their neighbors and friends. Keep a count of how many of you and your friends know Hands-Only CPR. (More on reporting the count below.)
- If you are a CPR Instructor of any brand (this is a community project and not a commercial project) and would like to volunteer at a public Sidewalk CPR table to help people do Hands-Only CPR, or If you know how to do Hands-Only CPR well and would

like to volunteer (and get service hours if you are in school) to assist an instructor at a public Sidewalk CPR table, please respond to this email.

- If you are a business or an organization, like a church, have your own Hands-Only CPR event and train all your people. You can order these kits online at <http://HandsOnlyCPR.org> . A project explanation is attached for your convenience. You do not need to be a CPR instructor to train your associates using the kits.
- Reply to this email if you have an event at which you would like someone to bring manikins and teach 3 Minute Hands-Only CPR (the same as the public Sidewalk CPR tables) to everyone there.

OC EMS Countywide Sidewalk CPR Public Education Event June 4, 2013 Includes Costa Mesa!

Excerpts from the invitation:

Orange County (OC) Emergency Medical Services (EMS), in collaboration with the American Heart Association (AHA), is coordinating a countywide Sidewalk Cardio Pulmonary Resuscitation (CPR) (Hands-Only CPR) public education event on June 4, 2013. The week of June 2 is designated as National CPR Week and provides a perfect opportunity for public education on this vital skill and for us to show our dedication to the communities we serve.

We would like to invite you to participate in this exciting campaign. OC EMS will coordinate the participation. Each participating entity will agree to coordinate staff to teach adult, hands only CPR to the public on June 4th. We are focusing on a lunchtime window of 12pm-3pm, but the final schedule is up to your discretion.

You can choose to have one or more CPR training. Instructors do not need a CPR instructor card, but will need to be comfortable performing CPR.

Our surrounding counties will be coordinating Sidewalk CPR public education on the same day. At the end of the day, the number of people trained at each site will be reported by our agency. OC EMS will tabulate the total number of people trained in Orange County and report back to the media and other interested parties. Last year, approximately 15,000 people were trained in our region during Sidewalk CPR.

Training may be done the weekend before. To be counted as part of the OC EMS total, **attached participant attendance record must be submitted** to OC EMS at the end of June 4. You are welcome to send photos and video of your event by email with your report.

If every Costa Mesa church had a Sidewalk CPR training table at the end of their service on June 2, we might be able to train several thousand just in Costa Mesa for this event.

Any Hands-Only CPR training done for the OC EMS event will also count for the In Honor of Paul Project.

OC EMS Hands-Only CPR Locations

As part of the OC EMS event, the CMFD will have Hands-Only CPR as well as their info table and safety trailer at the Fish Fry both Saturday and Sunday and during the 60th Anniversary Kick Off Celebration.

In Honor of Paul project volunteers will have Free Sidewalk CPR Training tables at the following locations on 6/4:

10 – 1 at Grant Boys, 1750 Newport Bl. on the corner at Rochester. The In Honor of Paul banner will be there.

10 – 2 at the other locations:

24 Hour Fitness, 1600 Adams next to the post office.

Panera, 3030 Harbor in the Target Shopping Center INSIDE the store (seek and ye shall find). They will put a sign on their window.

Crown Ace Hardware, 2666 Harbor just South of Adams.

We will be representing the In Honor Of Paul project and attending the City Council meeting on June 4 to give the 5 Council members each an American Heart Assn.(AHA) CPR Anytime kit so they can train their families and friends. They will play the 60 second training video from the AHA Hands-Only CPR website home page <http://HandsOnlyCPR.org> and there will be a Sidewalk CPR table outside the Council Chambers for people to practice on real manikins as they leave the meeting.

In Honor of Paul project Sidewalk CPR Tables will be at These Places After June 4.

On Saturday, June 15 and Sunday, June 16 from 10 AM to 12:30, at the model train railroad station on Goat Hill, 2500 Placentia across from Estancia High School. Bring your whole family to get a free ride and learn Hands-Only CPR as well.

On Saturday, June 22, from 11 AM to 6 PM at the MESAC Field Day Encampment by the model train railroad station on Goat Hill. Bring your whole family to find out about and use 2-way radios and the Morse Code Key Demo board and learn Hands-Only CPR as well.

Mayor Righeimer Has Suggested We Have a Goal of Training 10% of our 140,000 Person City.

If 140 Costa Neighbors learned Hands-Only CPR and taught 10 others and each of those 10 taught 10 others, 10 % of the city would know Hands-Only CPR. We have a very caring city and this is one way to show how much we care. Can you be one of the 140 to get this started and teach 10 others?

How Do We Keep Track?

To count toward the total, numbers need to meet the AHA verifiable standards. Note the attached OC EMS Attendance Record asks for Facility/Provider, Event Coordinator with Email Address and Phone Number, Event Location and Time as well as the number trained. The event location could be the block in your neighborhood you trained.

After June 4, we will keep track of the totals and report them to our AHA contacts. We will send out an attendance record form similar to the OC EMS one that would be emailed to Unitedneighbors@cmprepared.com. To help with the logistics, we ask you to have at least 10 people trained before you submit a roster. As with the OC EMS project, you do not need to have their names, just the total of those trained.

Is All This Effort Worth It? Read This 4/13/2013 Newspaper Article from PA

Take a few minutes to read the article below from the *Evening Sun*, a newspaper in PA. Look at the percent of survival improvement that has been seen in some areas. Look at how many citizens they are working to train, so as many as possible of the general public know what to do and how to do it if needed. The article speaks for itself. With your help we can make a difference in Costa Mesa.

- [New compression-only CPR style ups survival](#)

To remove your name from this list reply with your name, address and email address and "remove" as subject

UNITED NEIGHBORS

"Neighbors Helping Neighbors"

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