



NEW YORK STATE SENATOR

Joseph P. Addabbo Jr.

## Senator Addabbo Partners with FDNY to Bring CPR Training to Woodhaven

JOSEPH P. ADDABBO JR. March 20, 2025



Diana Wilson, an instructor with the FDNY Mobile CPR Training Unit, teaches participants how to do chest compressions.

Senator Joseph P. Addabbo, Jr. partnered with the FDNY Mobile CPR Training Outreach Unit to present a CPR training event at the Woodhaven Residents Block Association meeting on March 15, 2025, at Emanuel United Church of Christ in Woodhaven. The Woodhaven Residents Block Association was a co-sponsor of the event. More than 40 people took part in the interactive non-certification training and learned how to do chest compressions and use an automated external defibrillator (AED) to provide potential life saving measures to

someone experiencing cardiac arrest.

“The FDNY provides a great service. The FDNY is our security blanket,” Senator Addabbo said. “As we go to sleep at night, we know we’re safe because the FDNY is there for us in case of an emergency. This event is about CPR training. It is something that you get to learn and hopefully never have to use, but it is good to have that knowledge and maybe save a life.”

The representatives from FDNY were Khadijah Hall, Diana Wilson, Jennifer Pollock, and Netta Bedassie.

“If a person stops breathing and you just let them lie there and you do absolutely nothing, guess what? This person is going to die, because in 4 to 6 minutes your brain cells start to die off,” explained Wilson. “If you do nothing for this person, there’s no bringing back this person, but we want you to get involved.”

The four steps are – tapping the shoulders, activating 911, checking to see if the person is breathing, chest compressions and use of the (AED).

The presenters used mannequins featuring only head and torso to demonstrate the CPR procedure. First, they said to tap the person’s shoulders while asking, “Are you ok? Do you need help?” Next the helper should point to someone in the room, identifying them by a piece of clothing, “You in the red shirt, call 911, then get an AED.”

The helper should conduct the chest compressions until the person is revived, use the AED if it’s available, and continue CPR until emergency assistance arrives. If the person does seem to wake up, the helper should turn them on their side, known as the recovery position, so they do not choke on any fluids coming out of their mouth, then roll them back over and continue CPR if they become unresponsive again.

Wilson also demonstrated how to use an AED which now comes with sticker pads instead of the old-style paddles and the machine vocalizes the steps, guiding user as they do them. It's important that the person administering the shock and any bystanders remain clear of the body, so they do not accidentally get shocked as well.

After the class was completed, the participants remained engaged and asked many questions. Senator Addabbo extends his sincere thanks to the FDNY Mobile CPR Training Outreach Unit, the Woodhaven Residents Block Association, and Emanuel United Church of Christ for their support in helping facilitate the event.

Video highlights of the event are available on Senator Addabbo's YouTube Channel at the link below:

<https://youtu.be/AG6yE2ywoR0?si=yePEZbCsQmu5JD6u>