



NEW YORK STATE SENATOR

Stephen M. Saland

Senator Saland Shares Information About Emergency Preparedness

STEPHEN M. SALAND July 29, 2012

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Dear Friends:

Recently, we recognized National CPR Awareness Week, and I learned that an alarming 88% of cardiac arrests occur at home. With statistics in mind, if we are called upon to perform CPR, it will most likely be for a loved one – a brother, sister, parent, grandparent or child.

According to the American Heart Association, effective CPR provided immediately after a sudden cardiac arrest can double or triple a victim's chance of survival. Training is easy and available, and with it, a life may be saved. The American Heart Association provides a one-minute instructional video that can be viewed [here](#). To find comprehensive classes in our community, please visit Redcross.org and enter your zip code to find one closest to you.

Emergency preparedness takes on a new meaning when we are saving our family and friends.