



Martinsville Rescue Squad Newsletter

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Could You Perform CPR if a Loved One Needed It?

Suppose you are with a family member or friend who suddenly collapses. What do you do?

According to the American Heart Association, EMS agencies respond to about 350,000 calls in the U.S. each year for cardiac arrest. Although EMS responds quickly to attempt resuscitation, only about 10% of those who suffer cardiac arrest outside of a hospital will survive. If a family member, friend, or bystander performs CPR, however, a cardiac arrest victim's chances of survival can double or even triple!

The earlier CPR is started the better the chance of survival. Every minute without CPR decreases survival rate by up to 10%. Few victims survive if CPR or more advanced life-saving intervention is not provided within 10 minutes. Recent studies show the average national response time for EMS is 7 minutes, but the response time is usually longer in non-urban areas. If no CPR is provided during those 7 minutes on average, the victim's chance of survival is greatly diminished. So, early bystander CPR is a cardiac arrest victim's best hope for survival.

Bystander CPR – that's CPR performed by someone other than an emergency first responder – is simpler to perform than in years past. Nowadays you only need to do chest compressions. No more mouth-to-mouth breathing. Studies have shown that CPR consisting of chest compressions only is at least as effective as traditional CPR with compressions and breathing. The idea is that the victim already has oxygen in the blood, so we simply need to keep the blood circulating to the brain, heart, and organs until EMS arrives. So you push hard and fast in the center of the chest. This is called "Hands-Only CPR" and it is easy to learn.

Hands-Only CPR has been shown to be as effective as conventional CPR for cardiac arrest at home, at work or in public.

Hands-Only CPR has just two easy steps, performed in this order:

-  1 Call 911 if you see a teen or adult suddenly collapse
-  2 Push hard and fast in the center of the chest to the beat of a familiar song that has 100 to 120 beats per minute

You can get an introduction to Hands-Only CPR by watching online videos like the ones listed below. If you prefer classroom instruction, the Martinsville Rescue Squad will be offering free Hands-Only CPR and defibrillator (AED) instruction to community residents starting this fall and continuing throughout the year. Class size is limited and we require advance registration. Our next Hands-Only CPR and AED classes are scheduled for:

- Saturday, September 22 at 10am
- Saturday, October 13 at 10am

Classes are at the Martinsville Rescue Squad building. We will schedule additional classes as needed. Please contact us if you are interested.

For More Information on Hands-Only CPR

There are many excellent Hands-Only CPR videos available online. For a couple of good examples, check out:

1. https://www.youtube.com/watch?v=O_49wMpdeus
2. <https://www.youtube.com/watch?v=912qx-MMwsl>

Connect With Us Online

Since our incorporation in 1957 the Martinsville Rescue Squad has used the US Postal Service to reach out to residents and businesses in our community. In 2018, over sixty years later, we still depend on the USPS to deliver most of our fund drive mailings, newsletters, donation acknowledgments, and other communication. A growing number of residents and businesses, however, are choosing to interact with us via email communications and online donations. Switching helps the environment (no paper, ink, or mailing supplies), saves postage and mailing costs, and usually results in faster turnaround time.

If you would like to switch to email communication and online donations, just let us know. You can either indicate it on one of our fund drive response cards or you can let us know by sending email to email@bridgewaterems.org or mrsquad@verizon.net. If you notify us via email, please include your name and address in the email so we can associate your email address with them. We use your email address only for our fund drive, donation acknowledgments, newsletters, and training opportunities (like Hands-Only CPR). You can opt out of email communication at any time simply by notifying us.

Our website at <http://bridgewaterems.org> supports online donations. The Donate page will link you to a secure PayPal site for donations or to the secure PayPal Giving Fund site. Our Donate page explains the difference between the sites, but in brief, donating to PayPal is a direct donation to us for a 2.2% processing fee, while there is no fee for donating to the PayPal Giving Fund. A donation to the PayPal Giving Fund is acknowledged by the PayPal Giving Fund and they forward 100% of your donation to us.

You can also support our Squad indirectly via your online purchases. If you are making an online purchase and have decided to purchase from Amazon.com, please consider supporting the Martinsville Rescue Squad by making your purchase at <https://smile.amazon.com/ch/22-6082370>. If you use this link Amazon will donate 0.50% of your purchase price to the Martinsville Rescue Squad. It costs you no additional money – the donation is from Amazon. In our experience prices at smile.amazon.com are identical to prices at the regular Amazon.com site. So every time you buy from Amazon.com please consider using <https://smile.amazon.com/ch/22-6082370>.



EMS Trivia

1. What percent of people who suffer an out-of-hospital cardiac arrest survive?
a) 50% b) 25% c) 10%
2. When doing Hands-Only CPR, the beat of what familiar song helps providers with compression rate?
a) Happy Birthday to You b) Stayin' Alive c) Born in the U.S.A.
3. How long has the Martinsville Rescue Squad been providing free, emergency medical services?
a) 25 years b) 50 years c) 60 years
4. The most common 911 request for the Martinsville Rescue Squad is for:
a) Cardiac Arrest b) Falls c) Motor Vehicle Collisions

Trivia Answers: 1. c, 2. b, 3. c (since 1957), 4. b (reported in last year's newsletter)

Did You Know?

Independent Sector, a nonprofit organization, each year calculates the value of volunteer time. For 2018, they estimate the national average value of a volunteer hour is \$24.69 (see <https://independentsector.org/value-of-volunteer-time-2018/>). Our squad members provided over 25,000 hours of volunteer service last year.