

## NM Site to Host Project Heart Start - WW07

By Ana Padilla on Behalf of Corporate Services

Sudden cardiac arrest kills more than 300,000 people in the U.S. every year, which accounts for about one in every six deaths in the U.S. Some of those deaths could have been prevented if those close by had been aware of a few simple, lifesaving steps.



**On Wednesday, February 13th, 2013 at Intel, NM – RR5-114, New Mexico Heart Institute and KOAT's Project Heart Start** will teach Intel families a "new" form of CPR called Compression-Only Cardiopulmonary Resuscitation. This is the third year for this important event. If an adult suddenly collapses, the "new" CPR requires the rescuer to call 911 and then compress the chest hard and fast at around 100 compressions per minute until help arrives. This means: no more fumbling around trying to find a pulse, no rescue (mouth-to-mouth) breathing and no complicated sequences to remember. It is easy to learn and more importantly - its easy to remember.

**Project Heart Start** will teach the "new" CPR utilizing an original KOAT Channel 7 video featuring Dr. Barry Ramo and Marissa Maez in conjunction with volunteer facilitators from FRST, ERT and Roco Rescue. After viewing the video, facilitators will work with small groups utilizing a mannequin to practice proper chest compression. *This event is ideal for families to learn this lifesaving technique together.*

*Note: This event does not qualify toward CPR certification. If CPR certification is needed, the standard four-hour course is required.*

"Many citizens may not choose to do CPR on a person having cardiac arrest because they fear doing it wrong or because of the mouth-to-mouth aspect," said Project Director and New Mexico Heart Institute cardiologist Dr. Barry Ramo. "The new CPR is going to change that and change the lives of New Mexicans."

**When:** Wednesday, February 13, 2013

**Schedule of Events:**

- Video and practice stations (8am – 7pm)
- Keynote Address by Dr. Barry Ramo (Noon)

**Where:** RR5-114



All NM based Intel employees, suppliers and their families are invited to participate in this event. Help us reach our goal of teaching this "new" lifesaving technique to 1,000 people.

Vendors will be on hand sharing information on their heart-healthy services and providing general health information.



Blue badge employees attending this event can log one (1) hour of volunteer time in the [Intel Involved VMS](#) reporting tool.

Night-shift employees, suppliers and their families will have an opportunity to view the video and practice on-shift, Tuesday, February 12 and Thursday, February 14 from 9:00pm to 11:00pm in RR7 CR116.



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