5 CPR ACTIVATION IDEAS FOR YOUR COMPANY

1 Learn CPR
- Encourage employees to take a Heartsaver® First Aid, CPR AED course and become a first responder in their department.
- Watch the Hands-Only CPR video and share it with five friends. One minute can save a life.
- Find an Instructor-led CPR course near you.
- Give an Infant CPR Anytime® kit to a new parents.
- Organize a CPR Anytime® adult training session in your community.

2 Advocate
- Make sure your company’s offsite construction, utility, and oil and gas crews, your loved one’s caregiver and your children’s sports coaching staff are prepared to handle safety incidents with Heartsaver First Aid, CPR AED training.
- Start a program at your daycare center to have faculty certified in Heartsaver® Pediatric First Aid, CPR AED training.
- Train your workforce to handle exposure to blood and blood containing materials with the Heartsaver® Bloodborne Pathogens course.
- Go to yourethecure.org and pledge your support.
- Approach your supervisor to purchase a CPR in Schools Training Kit™ for your community.
- Host a fundraiser to purchase CPR Anytime® kits for organizations in your community.

3 Social Media
- Post a photo of you and your organization on Instagram with the tags #lifeiswhy and #CPRsaveslives.
- Honor a survivor of cardiac arrest on Facebook by linking to the Hands-Only CPR video.
- Like our AHA CPR & First Aid page on Facebook or follow us on Twitter at @HeartCPR for more content to share.
- Recognize someone who has saved a life as an American Heart Association Heartsaver Hero.
- Listen to the Hands-Only CPR playlist on Spotify of songs that are at least 100 beats per minute.
4 Corporate

- Approach your Human Resources department about taking Heartsaver First Aid, CPR AED training for job functions that require a course completion card.
- Ask your company to add CPR Anytime® adult kits to your employee wellness program.
- Start a “CPR challenge” to see which department in your company trains the most people.
- Host a viewing party with healthy snacks, and show the Hands-Only CPR video.

5 Take Charge of your Health

- Know the signs of a heart attack.
- Visit your family practitioner and get a check-up.
- Live healthier by trying new heart-healthy recipes and exercises.