



West Harris County Emergency Medical Service

Save a Life: Learn CPR

According to the Center for Disease Control, the leading cause of death in the United States is heart disease. The American Heart Association also estimates that 1.3 million Americans will experience a coronary attack this year. Although coronary heart disease is the single largest killer in America to date, the mortality rate for heart disease has been declining. As advances in medicine allow for more advanced treatments of chronic causes and awareness increases, we are becoming more concerned with preventing acute attacks. Because not all attacks can be prevented, we must be prepared to apply lifesaving techniques for our relatives and neighbors should they fall victim to this condition.

What you can do to help

The most important aspect of helping someone suffering a heart attack is time. The sooner lifesaving measures can be implemented, the better the outcome of recovery for the person. Medical personnel are the most equipped to deal with heart attacks, but most attacks happen at home. Depending on the location, ambulance support could be several minutes away. 911 operators are trained to issue instructions on performing CPR, but having had previous instruction with practice is better for the patient. Studies have shown that the time when CPR is initiated is directly correlated to the outcome of the patient. This means the more people who are CPR certified that are around, the better chance a patient has in receiving this lifesaving act. CPR is also important for babysitters, lifeguards and parents.

West Harris County EMS offers monthly CPR training courses that are up to date with the American Heart Association's recommended guidelines. These courses are available to the public to learn how to help save a person's life. To request information or schedule a class, please go to our website at www.whcems.org.

Did you know you could join our organization? We are always looking for new members. The requirements along with an application can be found on our website at www.whcems.org.