

# CITY OF OCEANSIDE



LEARN HOW TO SAVE A LIFE WITH  
**HANDS-ONLY CPR.**

## OCEANSIDE FIRE DEPARTMENT Sidewalk CPR Event

On Thursday, May 18, Oceanside Firefighters and Oceanside Lifeguards, assisted by the Oceanside High School Health Career Academy, educated citizens on when to call 9-1-1, when to use CPR, and how to provide Hands-Only CPR. Information introducing the helpful "PulsePoint" app was also handed out. PulsePoint notifies those in need of where to find a local AED unit.

Three CPR locations were set up at the Oceanside pier and Civic Center. **By the end of the 3-hour period, 374 people had been trained with this life saving skill.** 35 more local residents were trained on Saturday. They were members of the US Power Squadron. Last year, the Oceanside Firefighters/Lifeguards trained 201 people in Hands-Only CPR.

The goal of this Southern California campaign was to train as many people as possible to perform "Hands

Only CPR," increasing the number of lifesavers in our community. When a person has a cardiac arrest, survival depends on immediately receiving CPR from someone nearby. Sudden cardiac arrest kills over 1,500 San Diegans each year, and medical science has proven that community-based CPR programs designed to teach bystander CPR has a direct impact on cardiac arrest survival.

Anyone interested in becoming CPR Certified can contact Lynne Seabloom, RN, Assistant Training Officer/Nurse Educator at [lseabloom@ci.oceanside.ca.us](mailto:lseabloom@ci.oceanside.ca.us).

This life-saving effort was sponsored in conjunction with San Diego County Health and Human Services, the American Red Cross, the American Heart Association and San Diego Project Heartbeat.

