

FOR IMMEDIATE RELEASE

May 19, 2009

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## **“OUR GOAL IS FOR GLENDALE TO BE THE SAFEST CITY IN THE COUNTRY TO HAVE A CARDIAC EMERGENCY”**

**GLENDALE, Ariz.** – CCC (Continuous Chest Compressions)-CPR saves lives. According to the Arizona Department of Health Services (ADHS), in Glendale, the layperson bystander CPR rate was a high 31% in 2008 compared to 23% in 2007. According to ADHS, typically less than 20% of bystanders do any CPR in the state of Arizona.

Since November 2007, the Glendale Fire Department has aggressively trained the public in CCC, a new life saving method. In all, over 1,700 residents have been to a free CCC class in Glendale. Thousands more have been informed of the new technique through several media outlets to encourage people to embrace the simple new method. “It’s safe, it’s easy, and it’s legal. It requires no mouth-to-mouth contact,” said Mark Burdick, Glendale Fire Chief. “Chances for someone to survive a cardiac arrest quadruples when bystander CPR takes place. In 2008 the layperson bystander CPR rate was 31% in Glendale and our goal is to improve on that number as we continue to train as many people CCC-CPR as possible,” Chief Burdick continued.

CCC-CPR was developed through extensive research at UA Sarver Heart Center. It was discovered through research that there is enough oxygen in the lungs of a cardiac arrest patient to keep the heart and brain alive for several minutes as long as the heart is being compressed. In Glendale, bystanders are encouraged to simply call 911 and do chest compressions until firefighters arrive. Free class information can be found at [www.azshare.gov](http://www.azshare.gov) ###

**NEWS**  
*Glendale, az*

The Glendale  
Fire Dept.  
is a nationally  
accredited  
agency

The Glendale  
Fire Dept.  
responds to  
more than 26,000  
calls a year

Glendale  
firefighters  
remind you to  
use supervision  
around water

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