



PRESS RELEASE

County of Dufferin
55 Zina Street
Orangeville, ON L9W 1E5

For Immediate Release: 01 February 2019

Free Family CPR Training

Dufferin – It came on suddenly, one moment he seemed fine and the next he was struggling to catch his breath, he was sweating profusely and then he collapsed right there in front of you. Now what?

Heart attacks leading to cardiac arrest occur every day across Ontario and the best chance somebody has for surviving this condition is in the palm of your hands, literally. “Cardiopulmonary resuscitation performed by a bystander has a dramatic impact on the overall outcome for the patient” says Tom Reid, Chief of Dufferin County’s Paramedic Service. The odds for the patient get even better when a bystander uses a public access defibrillator to deliver a shock to the patient’s heart and “with more than 120 public access defibrillators across Dufferin County chances are there’s one near you wherever you are” said Reid.

Although February 14th is widely considered a day for matters of the heart Reid wants the entire month dedicated to it, and he has asked County Council to proclaim February as Heart Health month in Dufferin County. In addition to the proclamation Dufferin County Paramedics along with several community partners are going to be offering two CPR and AED training sessions for families.

The first session is scheduled for February 19th, 2019 at the Mel Lloyd Centre, 167 Centre St. Shelburne. The second is set for February 26th, 2019 at the Grand Valley and District Community Centre located at 90 Main St. N. Grand Valley. Both sessions will run from 6:30pm until 8:30pm and they are geared for the entire family.

To register for this event please visit <https://dufferin.snapd.com/ticketed-events> and select the session you would like.

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For more information, please contact:

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