

CPR DAY 2024

NOVEMBER 11th, 2024



NCEMSFS Collegiate EMS Week

November 11th-17th, 2024

CPR Day November 11th, 2024



Complete Resources Available Online:

www.NCEMSF.org

Images courtesy of www.learnncpr.org

Dear National Collegiate EMS Week Participant:

To kick off Collegiate EMS week, NCEMSF is again excited to sponsor National Collegiate CPR Day. This special day was created to educate as many college students as possible across North America in the basic principles of CPR on a single day.

National Collegiate CPR Day is November 11th, 2024.

We hope that you will join us in our efforts to teach others CPR and provide them with the skills to save someone's life. We have created this resource packet as a supplement to the main EMS Week packet, to help make your CPR Day event a success. There are many different activities that you can plan to spread the knowledge of CPR. You can hold an information session to introduce the basic principles of CPR; or you can set up an information table and encourage people to try CPR on mannequins. Consider also using the American Heart Association's CPR Anytime teaching materials (facilitator's guide appended to this packet) to educate your campus community. This is your chance to be creative and to allow your organization to stand out. Information and tips on event planning can be found in the main EMS week packet. Our goal is not to certify individuals in CPR but rather educate them.

Call 911 ... Position your hands in the center of the chest ... Push hard and fast.

Sincerely,

A handwritten signature in black ink, appearing to read "George Koenig Jr.", followed by a horizontal line and a checkmark-like flourish.

George Koenig Jr., DO, President
National Collegiate Emergency Medical Services Foundation

**JOIN STUDENTS ON COLLEGE CAMPUSES
ACROSS THE COUNTRY ON NOVEMBER 13th**

LEARN 2 STEPS

SAVE ONE LIFE



**Position Hands in the
Center of The Chest**



**Firmly Push Down Two
Inches on the Chest**

Continue Until Help Arrives

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SAMPLE CPR DAY PRESS RELEASE



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FOR IMMEDIATE RELEASE

COLLEGE STUDENTS TO EDUCATE THEIR PEERS IN CPR NATIONAL COLLEGIATE CPR DAY KICKS OFF COLLEGIATE EMS WEEK 2024

The annual Collegiate EMS Week, sponsored by the National Collegiate EMS Foundation (NCEMSF) and modeled after National EMS Week in May sponsored by the American College of Emergency Physicians (ACEP) and endorsed by Congress, is set for November 11-17, 2024. Collegiate EMS Week is a week-long recognition and celebration of campus based EMS and provides an annual opportunity for campus-based EMS organizations to highlight their activities and educate their communities. NCEMSF is excited to start Collegiate EMS Week with National Collegiate CPR Day. This event was created to educate as many college students as possible across North America in the basic principles of CPR on a single day.

NATIONAL COLLEGIATE CPR DAY IS MONDAY, NOVEMBER 11TH

On Monday, November 11th, campus-based emergency medical service providers on college and university campuses across North America will join together to educate their fellow college students in the basic principles of CPR and provide them with the skills to save a life.

The NCEMSF Collegiate CPR Day resource packet is available for free download on the NCEMSF Web site (<https://www.ncemsf.org/programs/collegiate-ems-week/>) to supplement NCEMSF's usual Collegiate EMS Week materials.

There are many activities that will take place on various campuses across North America to spread the knowledge of CPR. This is a chance not only to educate, but also to highlight the pivotal role that campus based EMS organizations play in contributing to the overall safety and health of the colleges and universities they serve.

The goal is not necessarily to certify individuals in CPR but rather to educate them in the key steps ... Call 911 ... Position your hands in the center of the chest ... Push hard and fast!

For Additional Information Contact:
[Fill in your contact information here]

PRINT YOUR CPR CARDS TODAY...



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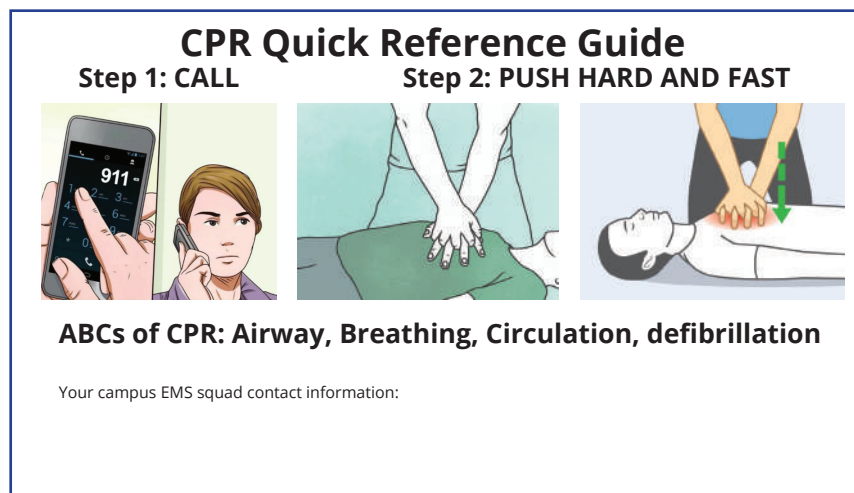
National Collegiate EMS Foundation

NCEMSF has developed special CPR cards to commemorate participation in CPR Day. Using the Avery business card templates found on the next two pages (one for the front, one for the back), you can print the cards yourself.

Front:



Back:





[Redacted Name]
was educated in the
principles of CPR as part of
**NATIONAL COLLEGIATE
CPR DAY**

November 11, 2024

www.NCEMSF.org
info@ncemsf.org

Post Office Box 93
West Sand Lake, NY 12196
Phone/Fax: (877)NCEMSF-1



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HANDS-ONLY CPR



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INSTRUCTION SHEET



PUMP



**Position Hands in the
Center of The Chest**



**Firmly Push Down Two
Inches on the Chest**

Continue Until Help Arrives

The American Heart Association in an Advisory Statement of March, 2008 recommended hands-only CPR in the following circumstances: If a bystander, not trained in standard CPR, sees an adult suddenly collapse then he or she should call 911 and provide chest compressions by pushing hard and fast in the center of the chest. Interruptions should be kept to a minimum until trained rescuers arrive. For bystanders previously trained in standard CPR, hands-only CPR may be performed if the bystander is not confident or is unwilling to perform mouth-to-mouth ventilation. The advisory goes on to state that the recommendation of hands-only CPR is limited to bystanders who directly witness out-of-hospital cardiac arrest of likely cardiac origin (sudden collapse after signs consistent with a myocardial infarction).

For certification please contact your on campus EMS organization, the American Heart Association or the American Red Cross

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