

Sept. 24, 2015

DEPARTMENT OF HEALTH EMPLOYEES TO LEARN HANDS-ONLY CPR TRAINING ON WORLD HEART DAY



Contact:

Communications Office

NewsMedia@flhealth.gov

850-245-4111

Tallahassee, Fla.—The Florida Department of Health, in partnership with community organizations, is training staff on [Hands-Only™ CPR](#) in celebration of World Heart Day on Sept. 29. County Health Departments in all 67 counties are also hosting trainings.

World Heart Day is an annual event created by the World Heart Foundation to remind everyone that heart disease and stroke are the world's leading causes of death.

Hands-Only™ CPR is cardiopulmonary resuscitation without mouth-to-mouth breaths. It is recommended for use by people who see a teen or adult suddenly collapse in an “out-of-hospital” setting, such as at home, at work or in a park. In the event of a cardiac emergency, people are more likely to perform Hands-Only™ CPR and ultimately save a life.

What: Hands-Only™ CPR Training

When: Sept. 29, 2015
Session 1 – 10 a.m. to noon
Session 2 – 2 to 4 p.m.

Where: Florida Department of Health
Betty Easley Conference Center – Room 148
4075 Esplanade Way
Tallahassee, FL 32399

For a full list of events across the state, visit <http://www.floridahealth.gov/diseases-and-conditions/cardiovascular-disease/world-heart-day/index.html>.

When posting on social media, please use the hashtag #FLHearts.

Note: Training is only available for department staff; however, members of the media are welcome to observe.

About the Florida Department of Health

The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

Follow us on Twitter at [@HealthyFla](#) and on [Facebook](#). For more information about the Florida Department of Health please visit www.FloridaHealth.gov.

About World Heart Day

World Heart Day is celebrated in collaboration with Healthiest Weight Florida, a public-private collaboration bringing together state agencies, not-for-profit organizations, businesses and entire communities to help Florida's children and adults make consistent, informed choices about healthy eating and active living. To learn more about how to be active and make nutritious food choices, visit www.healthiestweightflorida.com.