

## CPR Program

Several Grand Masters have requested Lodges to have members certified in administering emergency procedures for CPR. The Grand Lodge Service Committee has training mannequins, maintains a list of certified instructors and will assist Lodges in establishing a program.

A Lodge CPR program could be open to the community and become a great Masonic Awareness tool when assigned to an active Service Committee member.

Cardiopulmonary resuscitation (CPR) is an emergency medical procedure for a victim of cardiac arrest or, in some circumstances, respiratory arrest. CPR is performed in hospitals or in the community by laypersons, or by emergency response professionals. CPR has for 50 years consisted of the combination of artificial blood circulation, (chest compressions) with artificial respiration (also known as mouth-to-mouth.)

In March 2008 the American Heart

Association, in an historic reversal, endorsed the effectiveness of chest compressions alone--without artificial respiration--for adult victims who collapse suddenly in cardiac arrest CPR is unlikely to restart the heart, but rather its purpose is to maintain a flow of oxygenated blood to the brain and the heart, thereby delaying tissue death and extending the brief window of opportunity for a successful resuscitation without permanent brain damage. Defibrillation and advanced life support are usually needed to restart the heart.

**CONTACT THE GRAND LODGE SERVICE  
DEPARTMENT TODAY FOR ASSISTANCE IN  
SETTING UP YOUR PROGRAM**

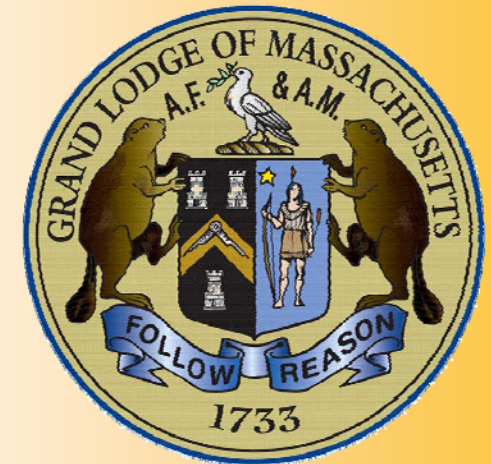
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## Grand Lodge of Massachusetts CPR Program

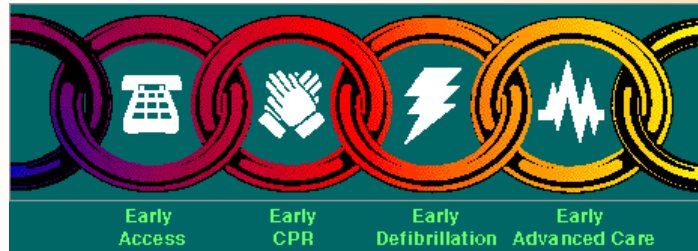
*CPR & You  
can help  
save a life*



## American Heart Association CPR & First Aid Courses

- Heartsaver AED
- Heartsaver Family & Friends
- Heartsaver First Aid
- Heartsaver Pediatric First Aid
- Healthcare Provider
- Instructor

*Sudden cardiac arrest, accidents, and illness can happen to anyone at anytime. Through CPR and First Aid Courses, anyone will have the confidence and skills to respond to these emergencies to help save a life.*



## Ten Reasons to take CPR or First-Aid training

1. After someone stops breathing, or the heart stops beating, he or she can survive for only 4 to 6 minutes before lack of oxygen results in brain damage or death. CPR can buy extra time for your loved one, until professional help can arrive, by artificially circulating oxygen to the brain.

2. Over 70% of all cardiac and breathing emergencies occur in the home when a family member is present and available to help a victim.

3. Accidental injuries are the leading cause of death in children, and send over 16 million children a year to the

emergency room.

4. Over 1.5 million heart attacks occur each year and approximately 350,000 of these victims die before ever reaching a hospital.

5. Statistics show that the earlier CPR is initiated, the greater the chance of survival. The American Heart Association estimates that 100,000 to 200,000 lives of adults and children could be saved each year if CPR was performed early enough.

6. Re-training and retention of CPR learning is a major requirement. Studies have

shown that memory of CPR skills and knowledge tends to deteriorate as early as three months after training, among highly trained professionals, including: doctors, nurses, and others.

7. Approximately 7 million adults and children suffer from disabling injuries in their own homes and backyards each year, resulting from accidents that may require CPR, according to the American Heart Association. Some of the common causes of "sudden death" include: Electric Shock, Heart Attacks, Drowning, Severe Allergic Reactions, Choking, Drug Overdose, and Suffocation.

8. The country's #1 killers, a combination of heart attacks and accidents, claim a life every 34 seconds in the U.S.

9. One in 6 men and one in 8 women over the age of 45 have had a heart attack or stroke according to the American Heart Association.

10. Approximately 45% of all heart attacks occur in people under the age of 65.

## Warning Signs of a Heart Attack

- Chest pressure, tightness and heaviness
- Pain in the shoulders, neck, jaw or arms
- Lightheadedness
- Fainting
- Paleness
- Sweating
- Nausea
- Shortness of breath with or without chest pain

***Do You Know What To Do?***