



American Heart Association Unveils Hands-Only CPR Training Kiosk at Philadelphia's Independence Visitor Center to Help Americans Learn a Lifesaving Skill

Philadelphia, PA – The AHA unveils a new interactive kiosk that allows Philadelphians and all who visit the Independence Visitors Center in the city's historic district to learn and practice Hands Only CPR in minutes! Joining cities like Cleveland, Dallas and Pittsburgh, the Independence Visitor Center will host the first Hands-Only CPR training kiosk here in Philadelphia. The kiosk will be unveiled at 11:00 a.m. on Thursday, October 26 at the Independence Visitor Center, 599 Market St, Philadelphia, PA 19106.

Every year, more than 350,000 cardiac arrests occur outside of the hospital and more than 20 percent occur in public places like airports, malls and sporting facilities. The Hands-Only CPR education available at each kiosk helps users understand how they can immediately help a person who experiences a cardiac emergency outside of a hospital.

Each kiosk has a touch screen with a brief video that shows how to perform Hands-Only CPR followed by a practice session and a 30-second CPR test. With the help of a practice manikin (a rubber torso) the kiosk gives feedback about the depth and rate of compressions and proper hand placement – factors that influence the effectiveness of CPR.

The two simple steps of Hands-Only CPR are: if a bystander sees a teen or adult collapse, he or she should first call 9-1-1, then push hard and fast in the center of the chest to the beat of "Stayin' Alive," which has the perfect cadence for proper CPR.

"Cardiac arrest remains a leading cause of death in the United States, and survival depends on immediately receiving CPR from someone nearby," said Dr. Alvarez, AHA Board President and cardiologist at Temple University Hospital. "Increasing the number of trained bystander responders who can step in to perform CPR if necessary strengthens the chain of survival in our city."

"The Independence Visitor Center is happy to be part of this effort to empower Philadelphians and our visitors to learn Hands-Only CPR," says James Cuorato, President and CEO of the Independence Visitor Center Corporation. "We are proud to be the first Philadelphia location to house a Hands-Only CPR kiosk, and we hope our visitors will take advantage of this potentially life-saving opportunity."

Thanks to the generosity of the Pamela & Ajay Raju Foundation and Richard & Laura Vague, the kiosk will be stationed at the Independence Visitor Center for three years.

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About the American Heart Association and American Stroke Association: The American Heart Association and the American Stroke Association are devoted to building healthier lives free of heart disease and stroke – America's No. 1 and No. 5 killers. AHA funds innovative research, fights for stronger public health policies, and provides lifesaving

tools and information to prevent and treat these diseases. The American Heart Association is the nation's oldest and largest voluntary organization dedicated to fighting heart disease and stroke.