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CPR ACTIVATION IDEAS FOR YOUR COMPANY

1 Learn CPR

- Encourage employees to take a [Heartsaver® First Aid](#), CPR AED course and become a first responder in their department.
- Watch the [Hands-Only CPR video](#) and share it with five friends. One minute can save a life.
- Find an [Instructor-led CPR course](#) near you.
- Give an [Infant CPR Anytime®](#) kit to a new parents.
- Organize a [CPR Anytime®](#) adult training session in your community.

2 Advocate

- Make sure your company's offsite construction, utility, and oil and gas crews, your loved one's caregiver and your children's sports coaching staff are prepared to handle safety incidents with [Heartsaver First Aid, CPR AED](#) training.
- Start a program at your daycare center to have faculty certified in [Heartsaver® Pediatric First Aid, CPR AED](#) training.
- Train your workforce to handle exposure to blood and blood containing materials with the [Heartsaver® Bloodborne Pathogens](#) course.
- Go to yourethecure.org and pledge your support.
- Approach your supervisor to purchase a [CPR in Schools Training Kit™](#) for your community.
- Host a fundraiser to purchase [CPR Anytime®](#) kits for organizations in your community.

3 Social Media

- Post a photo of you and your organization on Instagram with the tags [#lifeiswhy](#) and [#CPRsaveslives](#).
- Honor a survivor of cardiac arrest on Facebook by linking to the [Hands-Only CPR video](#).
- Like our [AHA CPR & First Aid page on Facebook](#) or follow us on Twitter at [@HeartCPR](#) for more content to share.
- Recognize someone who has saved a life as an American Heart Association [Heartsaver Hero](#).
- Listen to the [Hands-Only CPR playlist](#) on Spotify of songs that are at least 100 beats per minute.

4 Corporate

- Approach your Human Resources department about taking [Heartsaver First Aid, CPR AED](#) training for job functions that require a course completion card.
- Ask your company to add [CPR Anytime® adult kits](#) to your employee wellness program.
- Start a “CPR challenge” to see which department in your company trains the most people.
- Host a viewing party with healthy snacks, and show the [Hands-Only CPR video](#).

5 Take Charge of your Health

- Know the [signs of a heart attack](#).
- Visit your family practitioner and get a check-up.
- Live healthier by trying new [heart-healthy recipes](#) and [exercises](#).