

## Hands Only CPR Demonstrations

Interior Region EMS Council (IREMSC) provided a CPR demonstration booth at the American Heart Association Heart Walk in May. This walk is a fundraising event for the American Heart Association. Over 2,000 participants gathered at the Veteran's Memorial Park in Fairbanks for the 2.5 mile walk. It draws families, heart disease survivors, co-workers and individuals who raise funds by getting pledges prior to the walk.

At the start, there were booths from many of the local health care organization, including Fairbanks Memorial Hospital who provided blood pressure checks, Interior Fire Chiefs answered questions about Pulse Point, and IREMSC provided demonstrations on Hands Only CPR.

Submitted by: [Interior Region EMS Council](#)

*Picture: Wilma Vinton, Interior Region EMS Council Director (left) and Kim Johnson, Interior Region EMS Council Training Coordinator (right)*

