



Hands-Only CPR Volunteer Virtual Activity



Thank you for your interest in hosting a
Hands-Only CPR Volunteer Activity! Each year
nearly 350,000 people suffer cardiac arrest

HOST A VIRTUAL VOLUNTEER EXPERIENCE



PLANNING YOUR VIRTUAL HANDS-ONLY CPR VOLUNTEER ACTIVITY:

Invite employees to attend one of the LIVE virtual presentations led by the American Heart Association to learn about Hands-Only CPR and the warning signs of a heart attack. The one-hour presentation, led by AHA volunteers, include optional calls to action with fun virtual volunteer activities that can be completed anytime, anywhere.

Recordings will also be available to share on a different date if preferred.

Dates of live virtual Hands-Only CPR Presentations:

October 14th ↑ [World Restart A Heart Day](#)

February 4th ↑ [Wear Red Day](#)

June 1st - [CPR & AED Awareness Week](#)

By the end of the presentation, participants will be able to share:

- o How and when to use Hands-Only CPR
- o What to do when you call for 911
- o Ways to take action and get involved.

RAISE AWARENESS

- o [Click here](#) to find messages and images, posters, e-mail templates and more that your employees can use share what they have learned about Hand Only CPR with others on social media and with family, friends and co-workers!
- o Encourage employees to join the

about Hands





Share How Your Employees Are Making A Difference!



GET SOCIAL

Share information about your company's volunteer experience using the American Heart Association approved social media messages below, along with a photo of your volunteer activity:

- o óOur employees are proud to dedicate the time and talent of our employees in support of the American Heart Association.. We are getting to the heart of the matter and being a relentless force by raising awareness about Hands-Only CPR and how learning this skill saves lives.ô
- o ó[Company name] is committed to showing up for our community and being a relentless force for longer, healthier lives. Our employees are proud to make an impact by volunteering with the American Heart Association!ô

AFTER YOUR COMPANY'S VIRTUAL VOLUNTEER ACTIVITY

Thank your volunteers and colleagues. Sample thank you email to volunteers:

Dear NAME,

Thank you for supporting [insert COMPANY NAME]'s Hands-Only CPR Activity. With your help, our company raised awareness X number of people on the lifesaving skill of Hands-Only CPR. Thanks to YOU for making a big impact and helping build an army of lifesavers in our community! Together, we are working with the American Heart Association to support overall heart health of our community. You are making a positive impact, and we appreciate your participation!



Visit www.heart.org/matchinggifts, type in your company name and scroll to the bottom of the page see if your company offers these dollars.



Thank you!