

October 9th, 2012, Dixfield - Flash Mob CPR Demonstration @ Dirigo High School



Fans saw a special presentation at Harlow Park in Dixfield on October 9th, 2012. Med-Care Ambulance in conjunction with the Dirigo Cougar football team surprised the fans with a Flash Mob CPR demonstration during the high school soccer games. The presentation was not only fun for all involved but provided a great opportunity for citizens to learn about the new American Heart Association's Hands Only CPR program. Med-Care Ambulance would like to extend a special thanks to the Dirigo High school football players, the school's administrative staff, and most importantly coach Crutchfield for his full support of this endeavor. The idea to do this event was presented to the players as a collaborative initiative from Med-Care Ambulance and all of the players and staff jumped in with both "hands" from the first moment they were presented this opportunity. This allowed Med-Care a great opportunity to provide a community wide public educational announcement showcasing Hands Only CPR. This presentation was a great way to celebrate National Sudden Cardiac Arrest Awareness Month; which is for the month of October.

Laurieann Milligan, Med-Care's Community Outreach and Education Coordinator, explained that the Dirigo football players and coaching staff worked collaboratively on this event for several weeks prior to the demonstration. She praised them for their dedication to this event all the while working and training through rigorous practice schedules and critical game preparations. She went on to praise the Cougars for the great season they have been having and moreover for their professionalism on and off the field. They are a team to be reckoned with when on the grid iron but more importantly a great group of young men and coaches that embody leadership and community spirit!

Hard work, passion, and dedication are what have led this team, the school, and these individuals to all of their current and past successes. We were extremely proud to have had the opportunity to work together as the local ambulance service to provide this training opportunity

for the community. Hands only CPR has been approved by the American Heart Association with the tag line, two steps to saving a life; Call 911 & Press hard and fast on the center of the chest.

Most people who experience cardiac arrest at home, work or in a public die because they don't receive immediate CPR and the use of an Automated External Defibrillator (AED) from someone on the scene. Dirigo High School's administration has always supported this by training their staff in CPR and by ensuring that AED's are present within the schools and at sporting events. As a bystander, don't be afraid. Your actions can only help and you are protected by the Good Samaritan Law.

Viewing of the video and other educational material on Sudden Cardiac Arrest Awareness, CPR and automated external defibrillators can be found your local Channel 7, Med-Care Ambulance web site or stop by 273 Main Street Mexico.

To view the actual flash mob, you can visit:

http://www.youtube.com/watch?feature=player_detailpage&v=a7aS5EwHzto

Go Cougars!