

Councilwoman Cartright Receives "Hands-Only" CPR Training with Hundreds at Stony Brook University

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Pictured center, front is Councilwoman Valerie M. Cartright

Farmingville, NY - On Sunday September 7, Councilwoman Valerie M. Cartright joined nearly one thousand others at Stony Brook University's LaValle Stadium football field at the "hands-only" CPR event hosted by Stony Brook Medicine.

"Hands-only" Cardio Pulmonary Resuscitation (CPR) uses hard and fast chest compressions rather than mouth-to-mouth resuscitation. Studies show that the "hands-only" technique has the same or greater effectiveness as traditional CPR.

At the event, 258 mannequins lined the field and instructions were displayed on a large screen for those learning the CPR lifesaving technique, which included participants of all ages, community members and Stony Brook University students and staff.

"The 'hands-only' technique is easy to learn and can save a life in an emergency situation," said Councilwoman Cartright, who participated in the training.

The hands-only technique can dramatically increase a person's survival rate if applied immediately after they become unresponsive. For more information on this technique please visit:http://www.heart.org/HEARTORG/CPRAndECC/HandsOnlyCPR/Hands-Only-CPR_UCM_440559_SubHomePage.jsp.

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