

March 2019

Red Cross - Hands only CPR

Hands only CPR is CPR technique where only chest compressions are delivered instead of chest compressions and rescue breaths ("artificial respiration") in conventional CPR.

The idea behind hands only CPR is that many bystanders are unwilling to perform rescue breaths on a stranger. As a result, CPR is often delayed. There is strong evidence that the longer CPR is delayed, the worse the outcome for the patient.

Several studies have shown hands only CPR to be just as effective compared to conventional CPR in the first few minutes. This is because the body has a 'reserve' of Oxygen in the blood lasting several minutes.

American Red Cross First Aid and CPR classes in New York can give you the skills you need to help adults, and children during medical, breathing and cardiac emergencies. Available online, in person, and via a blended Simulation Learning experience, it's easy to find First Aid and CPR training that suits your schedule and your learning style.

To get additional information and to find a class near you visit <https://www.redcross.org/local/new-york/take-a-class/cpr>.

Looking to Challenge Yourself?

Whether you are looking for a wellness program for your self or your team, WellRight has creative challenge ideas that encompass your physical, emotional, occupational, financial, and social wellbeing. These challenges range from small challenges with small goals to larger challenges. Many can be customized to fit your needs, or you can even create your own from scratch.

Visit <https://www.wellright.com/challengeideas> too explore over 200 challenges.

Bean Burgers – makes 4/5 patties

1 – can of kidney beans, no salt added

½ cup cooked brown rice or other cooked whole grains

½ cup regular rolled oats or ¼ cup cornmeal if you prefer

2 tbsp. salsa

Spice

Mash beans with a fork or potato masher. Mix in all other ingredients and form into patties. Let sit uncovered in the fridge for 20 minutes to set. Grill or broil burgers on each side until done. Serve with homemade sweet potato fries!

