Summer is a time for welcome disruptions. Vacations, celebrations, making memories. This summer, the American Heart Association wants to offer viewers a way to make this season as safe as it is fun—by learning CPR.

Each year, more than 350,000 sudden cardiac arrests happen outside the hospital. 23,000 are children, with nearly 20% being infants.

In an emergency, immediate CPR and AED use can double or even triple someone’s chance of surviving, yet only less than half of people receive bystander assistance before professional help arrives.

This summer you can help make sure the disruptions to our routine are happy ones. By airing this PSA, you’re making sure more families have the skills needed to take action and save a life in an emergency. More days at the beach. More cookouts. More birthday parties. The best thing you can do this summer is to learn CPR.

The American Heart Association is working to turn a nation of bystanders into a Nation of Lifesavers by making learning CPR simple and accessible with options like online courses, CPR Anytime® Training Kits, quick 60-second Hands-Only CPR videos, or Heartsaver™ certification courses near you.

Together, we can double survival rates for cardiac arrest by 2030, but it starts with taking action. Visit [heart.org/nation](http://heart.org/nation) to get started.

Length: TV :06, :30 & :60

Language: English & Spanish

Sponsor: American Heart Association

Target Audience: General

With heart,

Libby Ridenhour

National Communications Manager, Nation of Lifesavers

American Heart Association