May 13, 2014

A Hornet Heartsaver can become a real lifesaver

The world has a new superhero, and his name is Herky.

Sacramento State’s beloved muscular mascot is the poster boy for the University’s new Hornet Heartsaver initiative to promote cardiovascular health and the importance of learning CPR.

Heart disease is the No. 1 cause of death for men and women in this country, claiming approximately 1 million lives each year. And while 88 percent of cardiac arrests occur at home, 70 percent of Americans either don’t know how to perform CPR, or their training has lapsed, according to the American Heart Association (AHA).

The College of Continuing Education, the leading force behind this important initiative, is offering special Hornet pricing for three classes to Sacramento State students, faculty, staff and alumni:

- Heartsaver CPR-AED (automated external defibrillator) training is $35 (regularly $65)
- Heartsaver First Aid CPR-AED is $40 (regularly $70)
- BLS (Basic Life Support) for Healthcare Providers is $35 (regularly $75)

“It’s our goal to provide opportunities to come together and contribute to the community through CPR training and healthy-heart awareness,” says Katelyn Sandoval, academic programs associate director for the College of Continuing Education. “Hornet Heartsavers take pride in their personal commitment to cardiovascular health and their ability to use CPR to save lives in an emergency.”

The classes are open to the general public, but the special Hornet pricing is limited to the Sac State community. Call (916) 278-4433 for more information. The first 100 participants who successfully complete a CPR class will receive a Hornet Heartsaver T-shirt featuring Herky.

The College of Continuing Education in 2012 became an AHA Authorized Training Center. The Heart Association is widely considered the “gold standard” for life-support training by those in the allied health care field. Sacramento State was the first campus in the California State University system to earn the AHA’s approval.
“We are excited to offer our American Heart Association courses to everyone in our campus community,” says Thomas Oakes, AHA Training Center coordinator. “The value of having CPR training and potentially saving a person’s life is priceless. I believe that Sacramento State can become the ‘heart healthiest’ campus in California.

“We offer all of our courses right here on campus, many times throughout the week, with night and weekend classes as well.”

For more information about the AHA certification courses at Sacramento State, visit http://bit.ly/1izGsbt. For media assistance, contact Sacramento State’s Office of Public Affairs at (916) 278-6156. – Dixie Reid

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