



CPR Training: A Lifesaving Skill for the Workplace and Beyond

Are you and your employees prepared to save a life in a heart-related emergency? CPR training can give anyone the confidence to make a difference between life and death. It's American Heart Month, a time to raise awareness about heart health and heart disease — the leading cause of death in Americans.

Sudden cardiac arrest, choking incidents or serious medical emergencies can occur anytime, anywhere and with anyone. Having staff trained in CPR could result in more immediate action before professional medical assistance arrives.

CLASSES & TRAINING

Eye-opening Insights



About **90% of people** who experience a cardiac arrest outside a hospital die. CPR, especially if administered right away, can double or triple a person's chance of survival.*

[*https://www.heart.org/en/about-us/office-of-health-equity/black-history-month](https://www.heart.org/en/about-us/office-of-health-equity/black-history-month)

10K

There are about **10,000 cardiac arrests** in the workplace each year*.

<https://cpr.heart.org/en/resources/cpr-facts-and-stats>



Heart Disease and Race: Why Black Americans Face a Greater Risk

February marks the celebration of both Black History Month and American Heart Month. Unfortunately, heart disease disproportionately affects Black communities, with higher rates of hypertension, diabetes and obesity. These factors contribute to an increased risk of cardiovascular problems.

Let's acknowledge that heart health is a critical concern for everyone, but especially for Black Americans. By promoting heart-health awareness and encouraging preventive care, we can close the gap in heart disease outcomes and help save lives.

CONTINUE READING



Shop Well, Eat Well, Live Well: Look for the Heart-Check Mark

Show your employees that you're committed to their health and well-being. Let's educate them about the Heart-Check mark, a symbol on grocery items that identifies foods that meet heart-healthy criteria established by the American Heart Association. This automatically lets you know that these are foods limited in bad fats and sodium and are a good source of nutrients.

Foods like fruit, hummus, and veggies would be great to stock in the office kitchen. Also, consider sharing our [Heart-Check Digital Grocery List Tool](#).

Healthier employees mean less absenteeism, lower health insurance costs and improved morale. It's a win-win for both your employees and your company.

LEARN MORE



SAVE THE DATE

National Employee Appreciation Day

March 7, 2025

Celebrate with a Strong Scorecard

National Employee Appreciation Day is around the corner. It's a great time to acknowledge your employees for their hard work and contributions. And it's an even better time to re-commit to building a healthy work culture that will encourage your employees to reach their full potential.

Start by creating a Well-being Works Better™ Scorecard account, or make sure your account is up to date. Then focus on areas that need improvement. Creating an environment that fosters well-being is a win that everyone can embrace.

START NOW



Share Your Story

Has your workforce experienced the impact of Well-being Works Better solutions? They include our Scorecard, Employer Resource Guide and burnout prevention tools. We'd love to hear how it's made your workplace a great place to work.

SHARE NOW

