



Hands-Only CPR & AED Training

On March 20th, members of Hawai'i's Volcano Circus, North Kohala Resilience Hub, Nānāwale Community Association, and our Community Resilience Fellows completed their Hands-Only CPR Instructor training.

Theses Trainers are now available to teach community groups, business, and organization teams how to perform hands-only CPR and use an AED. Having more community members trained in these simple skills can help save lives by putting more cardiac arrest victims within a few steps of lifesaving assistance.

"The class was excellent, with seasoned instructors who worked well together presenting. The folder of forms, guides and instruction will be very valuable going forward when training others. The 11 minute video shared by Captain Domingo was the best tool I've been gifted from an instructors perspective! Great use of my time, to both participate & network with community members."

-Sally Kaufmann, Kohala High School RN

Email health@vibranthawaii.org to request training for your worksite or community group.

Mahalo nui to Niki Vergara at Hilo Medical Center and Stacy Domingo, EMS Fire Captain and Health and Wellbeing stream Co-Chair for leading the instructor training.

