

Let's Save More Women's Lives Together: The Impact of Gender-Inclusive CPR Training

PRESTAN Professional Female Manikin



As we continue to celebrate the release of the new <u>PRESTAN Female Manikin</u>, we want to focus on why this new addition to your training toolkit is so important— especially for the women who may one day rely on a bystander to survive a cardiac emergency. To highlight the mothers, daughters, sisters and friends who too often don't receive the emergency care they need.

Cardiovascular disease is the number one killer of women, yet only <u>44% of women</u> recognize it as their greatest health threat. Even more concerning, women are significantly less likely to receive bystander CPR—<u>only 39% compared to 45% of men</u>. As a result, men's odds of surviving a cardiac event are 23% higher than women's. These statistics are more than just numbers—they represent real lives at risk and reflect deep-seated fears and misconceptions about performing CPR on women.

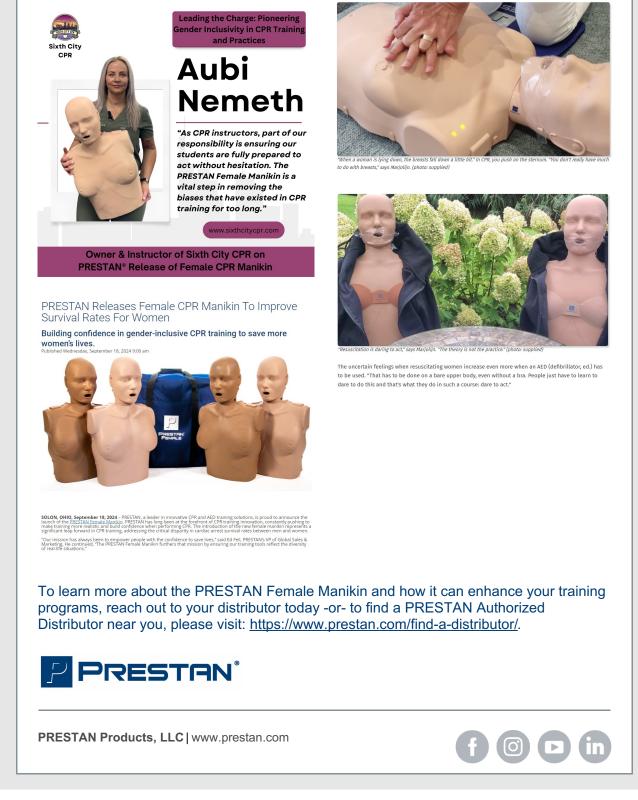
These figures highlight an urgent need for change, and we believe that change starts with you. That's why we created the PRESTAN Female Manikin—to address these barriers head-on. To encourage conversations about the fears and myths that hold people back from taking action, such as concerns over inappropriate touching, causing injury or the mistaken belief that women are less likely to experience cardiac arrest.

By providing a realistic, gender-inclusive training experience, you can help ensure your students feel prepared to assist anyone, regardless of gender. The <u>PRESTAN Female</u> <u>Manikin</u> is designed to foster discussions, dispel myths and, most importantly, build the confidence needed to perform life-saving CPR on women.

Representation matters in CPR training. It's about more than just teaching a technique; it's about instilling the confidence to act when it matters most.



it the course in Heernugowaard there were still male dolls with "glued-on" breasts, but the real women's dolls like Ma Iolding here will arrive in October. (photo: supplied)



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