

Teachers get involved in national CPR campaign to help save lives

Teachers will share CPR skills with their students

By Krista Bryce, The Daily News
June 22, 2010

Nanaimo-Ladysmith School District teachers were in the classroom learning how to save a life on Monday.

More than 30 teachers took part in the ACT High School CPR Teacher Training Program at John Barsby Community School. The program is a national campaign headed by the Advanced Coronary Treatment Foundation to establish CPR as a mandatory program in every Canadian high school.

The one-day program offers teachers the opportunity to learn lifesaving techniques for individuals who have suffered cardiac arrest, choking or who have stopped breathing.

Then they learned how to teach the skills to their students as part of the physical education curriculum.

Cardiovascular disease accounts for more than one-fifth of all deaths in B.C. A Nanaimo paramedic says quick citizen CPR response can improve survival rates for cardiac or choking victims because they get in on the action sooner.

With 80% of out-of-hospital cardiac arrests occurring at home, ACT wants to empower youths to learn how to recognize there is an emergency, how to react and how to resuscitate until help arrives.

The charitable organization works in partnership with the British Columbia Ambulance Service and the Ambulance Paramedics of British Columbia.

"CPR is a simple technique that saves lives," said paramedic John Hosie, as he watched over a group of teachers practicing their two-person CPR on one of the 200 mannequins donated to the district.

"We want to take the fear out of it and let people know it's better to do something than nothing. By doing CPR you're giving someone a second chance they wouldn't otherwise have."

Lorraine Price, a Wellington Secondary teacher, used to teach a two-week first aid course, which included CPR, as part of her P.E. class.

"But this is a better idea because it could be the difference between life and death," said Price.

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