



## **Local teachers to empower students to save lives**

**When:** Friday, January 15, 2010  
Media welcome between 11:30 a.m. – 12:00 p.m.

**Where:** Westmount High School  
4350 St. Catherine Street West  
Westmount, Quebec  
H3Z 1R1

### **Westmount, QC, 01/15/10**

On January 15th, 16 teachers from three local school boards will be trained by Urgences-Santé to empower their students with the award-winning ACT High School CPR Program. As a result of this training, teachers will empower more than 730 local youth with lifesaving CPR training each year.

Eight in 10 out-of-hospital cardiac arrests occur at home, and research suggests that citizen CPR can increase the chance of survival fourfold.

Teachers from Westmount High School, James Lyng High School, John F. Kennedy High School, Lakeside Academy and École Secondaire d'Anjou, will participate in this important workshop, which will enable them to train students in the English Montreal School Board, Lester B. Pearson School Board, and la Commission Scolaire Pointe-de-l'île.

“In addition to empowering youth to save lives, the ACT Program has a strong health promotion message,” says Sandra Clarke, Executive Director of the ACT Foundation. “Students learn about risk factors for heart disease and the importance of adopting heart healthy lifestyle behaviors at a young age. They will then bring their health promotion message and lifesaving skills to their present and future families.”

The ACT Foundation’s health partners, AstraZeneca, Bristol-Myers Squibb, Pfizer Canada and sanofi-aventis, as well as provincial partner, Sun Life Financial, provide funding for mannequins and program start-up in the community of Westmount and the province of Québec. Their funding is matched by the Government of Quebec in a public-private initiative.

Teacher training for the ACT High School CPR program is provided by Urgences-Santé for all School Boards in Montreal and Laval.

“From the standpoint of the health and well-being of the population, it is important to ensure that citizens receive early training in CPR,” says the Honourable Michelle Courchesne, Minister of Education, Recreation and Sports. “I am proud to support the Advanced Coronary Treatment Foundation (ACT) of Canada, which, through its High School CPR Program, is



offering its services to Quebec schools by training adults in the community who will, in turn, introduce students to the technique of CPR.”

To date, the program has been set up in 289 high schools in Quebec, and 100,000 students have been trained to save lives. The goal of the ACT Foundation is to implement the program in all of Quebec’s 400 high schools.

“The teaching of cardiopulmonary resuscitation techniques comes under the public-health endeavors to prevent the tragic consequences of cardiovascular accidents,” says the Honourable Yves Bolduc, Minister of Health and Social Services. “I am very pleased indeed to support Quebec’s deployment of this program, whose success can be seen in the clear interest shown by teenagers in learning resuscitation techniques and in their ability to put them into practice.”

The ACT Foundation is encouraging the Ministry of Education, Recreation and Sport to make this CPR training mandatory in the Quebec curriculum. This has already been done in Ontario, Manitoba and Alberta.

To learn about ACT’s many student heroes visit [www.actfoundation.ca](http://www.actfoundation.ca) or [www.youtube.com/theactfoundation](http://www.youtube.com/theactfoundation).

### **About the ACT Foundation**

The ACT Foundation is a national, award-winning charitable organization driving a national campaign to establish CPR training in high schools across Canada. ACT raises funds to donate mannequins, teacher training, manuals and other materials to schools and guides them in program set-up to ensure long-term sustainability of the program. Teachers train their students as a regular part of the curriculum. Core partners behind ACT’s national campaign are AstraZeneca, Bristol-Myers Squibb Canada, Pfizer Canada and sanofi-aventis.

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#### **For more information:**

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