

LETTER

## Students learning lifesaving skills

Editor:

I wish to congratulate the three rescuers and two paramedics honoured by the Heart and Stroke Foundation on Nov. 17, and commend Mr. Forslund for spreading awareness about CPR and AEDs whenever he can.

I am delighted to say that high schools in Bruce and Grey counties deliver CPR and AED training to all students at the Grade 9 level every year. The ACT Foundation and partners donated CPR training mannequins in 2006, and in 2010 donated AED training units and AEDs to enhance the CPR program with defibrillator training.

Physical education and health teachers have been trained as CPR and defibrillator instructors for their students. About 2,000 are trained every year in the 13 area high schools.

The ACT Foundation is working in partnership with the government of Ontario and partners to equip high schools throughout Ontario with the CPR and defibrillation program, start-up resources and teacher training, so schools can deliver the program and ensure all youth receive this lifesaving training as part of their high school education.

CPR was inserted into the provincial curriculum in 1999 and over 1.4 million students have been trained by their teachers to date.

By ensuring CPR and AED training is free for all students as a part of their high school experience, we are ensuring all youth receive the training and it becomes a life skill.

Many lives have already been saved.

Sandra E. Clarke  
Executive director  
ACT Foundation



WILLY WATERTON/The Sun Times

Jay Forslund shows Erin O'Donoghue how to perform CPR during CPR/AED training sponsored by the Heart and Stroke Foundation and Grey County EMS on Nov. 17.