



## NEWS LOCAL

### KDHS equipped with lifesaving training

By Gen Thomas, The Northern Times  
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Wendy Legassie and Michel Courchesne of KDHS are joined by TransCanada's Dan Stencill, Aboriginal & Community Relations Liaison in Northern Ontario Region and Mayor Alan Spacek as students display their new AED training units and mannequins.

On Monday, the Advanced Coronary Treatment (ACT) Foundation and its supporting partners happily announced that high schools in Kapuskasing and the surrounding area are now equipped to teach lifesaving skills to their Gr. 9 students.

"The ACT Foundation is an award winning national charitable organization spearheading initiative to establish mandatory high school CPR and AED training across Canada. More than 1.8 million youth in 1,600 schools have been trained in CPR across Canada to date," said Michel Courchesne, teacher at Kapuskasing District High School (KDHS). "The ACT Foundation organizes teacher training workshops for high school teachers to have CPR and AED instructors, so they can teach CPR to their students. The ACT also guides schools for program set-ups and long-term maintenance issues, thus insuring long term, self-sustainability of the programs at schools. At KDHS, our community partner, TransCanada, donated two AED training mannequins and two AED training units."

Each year, more than 1,200 students from 15 high schools in the District School Board Ontario North East, the Northeastern Catholic District School Board and the Conseil scolaire catholique de district des Grandes Rivières will learn CPR and defibrillation through the ACT High School CPR and Defibrillator Training Program.

"Currently we know that eight out of ten cardiac arrests don't happen within a medical institution. So, survival rates can be increased almost four times with early on-set of CPR and AED training," said Wendy Legassie, teacher at KDHS. "When youth take the training in Gr. 9, they learn the four R's of CPR, the risk factors that are associated with heart disease and stroke, the importance of healthy lifestyle and how to recognize warning signs of a heart attack. They learn how to react with a hands-on approach by giving mouth to mouth and compressions."

This program was made possible thanks to a grant funded by the Government of Ontario, the ACT Foundation, the Ontario Trillium Foundation and Hydro One.

The ACT Foundation's official partners, AstraZeneca Canada, Pfizer Canada and Sanofi, provide sustainable funding and are committed to the program at KDHS and all high schools across Canada.

"TransCanada is here to introduce ourselves as a community partner with the ACT Foundation," said Dan Stencill, Aboriginal & Community Relations Liaison in Northern Ontario Region. "A few years ago we contributed to the CPR program here in Cochrane District in Hearst, Kapuskasing and Timmins. This contribution is now a supplement or follow-up to that, with our partnership with AED programs in providing AED training units to the community high schools. The CPR mannequins and the AED units stay with the schools and the local EMS trains the teachers and the teachers continually train the students, so it's a sustainable program that keeps on going."

In this specific school, TransCanada has donated two mannequins and two AED units. Across the Cochrane District, the company has donated 95 mannequins and 38 AED training units.

"Whether it's learning how to swim, or the basics of first aid, it is a very important lifeskill and it's great to have the technology and have the resources being provided to us and to be able to learn how to do that in an environment that is all about learning. It's great," said Mayor Alan Spacek. "We'd like to recognize the ACT Foundation and especially TransCanada for making the financial resources available to us and make that reality in the schools."

In total this year, 25 KDHS students will be trained in standard first aid and CPR as a continuation of what the ACT Foundation is doing.