

Interior Savings presents **FAT CAT CHILDREN'S FESTIVAL** June 12 & 13 Waterfront Park Kelowna [MORE INFO](#)

PONDEROSA ARTS & MUSIC FESTIVAL AUG 21-23 2015 | ROCK CREEK BC

MBUNITIES

BEAR MOUNTAIN

THE HARPONIST & THE AXE MURDERER

TICKETS AND INFO AT www.PONDEROSAFESTIVAL.COM PRESENTED BY 367 PRODUCTIONS INC

Vernon NEWS



Kelowna West Kelowna Penticton **Vernon** Kamloops BC Canada World Business Sports Entertainment Letters Poll

Trained lifesavers

by Kevin Rothwell | Story: 140024 - May 15, 2015 / 4:12 pm

Log [Tweet](#) 4 [Share](#) 1



Photo: Kevin Rothwell

More than 500 School District 22 secondary students a year learn to save lives, thanks to a program pioneered by the ACT Foundation.

On Friday, local teachers gathered at Clarence Fulton Secondary School to learn the basics of CPR and how to use an automated external defibrillator.

The program has trained more than three million students nationwide since it began.

According to the Heart and Stroke Foundation of Canada, up to 40,000 cardiac arrests occur each year in Canada. That is one cardiac arrest every 12 minutes.

Without rapid and appropriate treatment, most of these will result in death. Early CPR combined with early defibrillation can increase survival rates for cardiac arrest victims by up to 75 per cent, the foundation says.

Bike to Work week MAY 25 - 31, 2015 **Get on your bike!** Register your workplace or school team today! **Bike to Work** Visit smartrtrips.ca

Recent Stories Trending Stories

Fire destroys barn Kelowna - 6:21 am

Fight, arrests at motel Kamloops - 8:56 am

Daffodils bloom at Laurel Kelowna - 5:38 am

4 things to know Kelowna - 8:44 am

Russian expansion feared Europe - 6:55 am

[More Vernon News >](#)

[Send us your news tips >](#)



Teachers receive training in both areas and then train their students.

"It's important to know. You never know what could happen – you might save a student, or the student might save a family member or someone else," said W.L. Seaton teacher Michel Amoua.

Ten teachers were taking part in the training at Fulton.

Through the ACT program, all students learn the four Rs of CPR. They are:

- RISK factors for cardiovascular disease and the importance of adopting a heart-healthy lifestyle.
- How to RECOGNIZE a developing medical emergency.
- How to REACT, by calling 9-1-1 quickly and how to help while waiting for the ambulance to arrive.
- How to RESUSCITATE, or perform CPR.

Read More: [Today's Top Stories](#)

[Report a Typo](#)
[SEND US YOUR NEWS TIPS](#)

COMMENTS WELCOME

Comments on this story are pre-moderated and approval times may vary. Before they appear, comments are reviewed by moderators to ensure they meet our [submission guidelines](#). Keep it clean, keep it civil, keep it truthful, stay on topic and be responsible. Comments are open and welcome for three days after the story is published. We reserve the right to close comments before then. Comments that appear on the site are not the opinion of Castanet, but only of the comment writer.

Comments for this thread are now closed. ✕

[0 Comments](#) **Castanet**

[Login](#) ▾

[Recommend](#) [Share](#)

[Sort by Newest](#) ▾

This discussion has been closed.

[Read more Vernon News](#)




Castanet pays for news tips. Email us a news tip, photo, or video and your name will be in a draw for our weekly news tip prize \$25. Email us news@castanet.net

New!

Fender's

Bundle & Save!

Choose more than one service & save.



[Click here to Get a Quote!](#)

Vernon SPCA Featured Pet



Minxy
Vernon SPCA >

BANNISTER Dealer #40020
Cadillac BUICK GMC
 KELOWNA

PRECISION TRUCK EVENT

\$10,000
 UP TO IN TOTAL VALUE

STEP UP TO THE SIERRA KODIAK EDITION

INCLUDES: \$4500 DELIVERY CREDIT, \$2095 CASH CREDIT, \$1000 OWNER CASH, \$2155 KODIAK PACKAGE DISCOUNT, \$250 KODIAK DOUBLE CAB TWO WHEEL DRIVE CASH CREDIT.




250-860-7700
 2727 Hwy 97 N, Kelowna, BC [CLICK HERE](#)

MOST RECENT ON *THE Tango*.NET



ANNOYING YOUR GIRLFRIEND WHILE SHOPPING

Comedy + Viral Videos

Every woman should be happy they are not dating this guy.



PAMELA ANDERSON STRIPS OFF FOR PETA

Showbiz

Pamela Anderson has stripped off for PETA. The 47-year-old...



IF EVERYTHING WAS BUNDLED LIKE CABLE


Comedy + Viral Videos

You don't pay for all the parking spaces you don't...

REBEL WILSON HATES KARAOKE

Showbiz

'Pitch Perfect 2' star Rebel Wilson won't do karaoke...



WHAT?
 Amazing + Best of the web photos
 A gallery filled with stuff so awesome you won't believe...

North Okanagan Quick Links

City of Vernon	City of Armstrong
Vernon Discussion Forum	City of Enderby
District of Coldstream	District of Sicamous
Village of Lumby	Interior Health
	Okanagan Regional Library

[Member of BC Press Council](#)

You don't have to struggle to eat your favourite foods because of dentures.

Ask us how you can stabilize your dentures with implants.

Initial implant consultation complimentary.



Creekside
Dental Clinic

[LEARN MORE !](#)

#5A - 757 KLO • (250) 862-9477



Be a lifesaver.

*Coming Fall 2015,
15 new operating rooms.
We're not done yet.*

Give Today!

KGHFOUNDATION

