

Trained lifesavers

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Photo: Kevin Rathwell

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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