

Students empowered through CPR training

Students at St. Peter Secondary School in Peterborough learn to perform life-saving skills with automated external defibrillators.

NEWS Nov 29, 2019 by [Jessica Nyznik](#) Examiner Staff Writer



Students from St. Peter's Secondary School receive lifesaving CPR and defibrillator training marking CPR month launched by the Advanced Coronary Treatment (ACT) Foundation supported by Hydro One. - Clifford Skarstedt , Examiner

High school student Delaney Hancock feels empowered by her CPR training.

Hancock, 14, said it was easy to learn CPR and how to use an automated external defibrillator (AED).

"It's really important and you can make a difference in somebody's life," said the Grade 9 student at St. Peter Secondary School.

Hancock was part of the launch of the Advanced Coronary Treatment (ACT) Foundation's High School CPR and Defibrillator Training Program at her school Friday.

The program was designed for high schools and is part of the curriculum. Teachers are trained as instructors through ACT to teach students and the foundation donates mannequins and AED training units to schools.

The initiative will be established at 18 area high schools and 4,000 students will be trained each year.

Hancock and her classmates practised their CPR and AED training skills during the launch to highlight the emergency response training and safety scene management they learned in class.

"I think it's really empowering to be able to have the skills to perform CPR," Hancock said.

She said she feels confident in her training, but said she recognizes there could be some challenges.

"Staying calm in the moment would probably be pretty hard."

Classmate Savanna Rodney also found the training easy, especially since the AED guides the user through the process.

Rodney, 14, said she wanted to learn CPR so she's prepared for an emergency.

A tragedy "can happen at any time. ... So to have these skills is good for the real world," she said.

Julia Hicks said it would be scary to have to try to save someone's life, but she believes CPR and AED training are something everyone should learn.

"Then you can be knowledgeable, and you could save someone's life."

Jennifer Edwards, operations director with the ACT foundation, said the program gives students the opportunity to learn the life-saving skills before they graduate high school, at no cost.

And the more students who are trained, the better, she said.

"We have countless lives saved thanks to the program," Edwards said.

Student Katie Hatton said being in an emergency situation would be stressful, but CPR and AED training is an important skill to have.

"If anything were to happen to anybody and no one around could help, you could save a life."

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