



CPR training offered to students

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The Advanced Coronary Treatment Foundation, along with a number of community partners, introduced the ACT High School CPR and Defibrillator Training Program in the County of Simcoe last week.

This program will see more than 6,500 Grade 9 students from 24 high schools in the Simcoe County and Simcoe Muskoka Catholic district school boards empowered to save lives every year.

Seventy-two physical education teachers have been trained as CPR and defibrillator instructors for their students. In total, 480 mannequins and 52 defibrillator training units have been donated to schools. The students will take their lifesaving skills to their current and future families in the communities of Alliston, Barrie, Bradford, Collingwood, Elmvale, Innisfil, Midland, Orillia, Penetanguishene, Stayner and Tottenham.

"Valuable time can be lost at the scene of someone in a cardiac arrest if there are not trained people available to administer CPR or use the portable defibrillator on site," said Barrie MPP Aileen Carroll. "Programs to train secondary school students and other citizens to assist in these situations are a valuable investment."

The ACT Foundation is a national charitable organization dedicated to establishing CPR and defibrillation training in every Canadian high school.

The foundation has already established the CPR program in more than 1,500 high schools, and 1.7 million youth across Canada have been trained to date.

Eight in 10 out-of-hospital cardiac arrests occur at home. Early CPR, combined with defibrillation, can increase survival rates for cardiac arrest victims by up to 75 per cent, according to the Heart and Stroke Foundation.