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## Local high school students to get CPR and defibrillator training

Over 6,500 grade 9 students at high schools in the Region of Waterloo will be learning life saving skills this year through the Advanced Coronary Treatment (ACT) High School CPR and Defibrillator Training Program.

The program will be running in 20 schools in Kitchener, Waterloo, Elmira, Baden and Cambridge.

The program has been paid for by ACT, the Ontario government, the Ontario Trillium Foundation and Hydro One and was launched locally at Huron Heights Secondary School in Kitchener on Dec. 2.



Fourteen-year-old Huron Heights Secondary School students Nicol Preiss, Ryan MacGregor (lying down) and Alex Boshart practice CPR techniques at the December 2 local launch of the Advanced Coronary Treatment (ACT) High School CPR and Defibrillator Training Program. Over 6,500 grade 9 students in 20 schools across the region will be learning life saving skills this year.

The ACT Foundation is a national charitable organization dedicated to establishing CRP as a mandatory program in every Canadian high school. To date, it has set up the program in more than 1,600 schools nation-wide. ACT raises funds for CPR mannequins, defibrillator mannequins, defibrillator training units and guides schools in setting up the program.

Two hundred mannequins and 40 defibrillator training units will be donated to schools. High school physical education teachers have also been trained as CPR and defibrillator instructors for their students by the Region of Waterloo Emergency Medical Services.

“Building healthier and more vibrant communities is our primary goal and I believe the ACT Foundation’s CPR and Defibrillator Training Program will continue to further this objective,” said L. Robin Cardozo, CEO of The Ontario Trillium Foundation.

“It’s encouraging to hear of the continued growth of this program and that it’s giving teachers and students such invaluable training,” she said.

For more information on ACT or to learn about some of its rescue stories visit [www.actfoundation.ca](http://www.actfoundation.ca)