

Program teaches students life-saving techniques

Teresa Latchford

December 28, 2011

A local donation will help bring a cardiopulmonary resuscitation and defibrillator training program to 49 York Region high schools.

As part of CPR month, Vaughan's TransCanada donated \$50,000 to the ACT Foundation, a national charitable organization dedicated to establishing CPR as a mandatory program in every Canadian high school.

The foundation continues to raise money needed for CPR mannequins and defibrillator training units and training to allow teachers to properly instruct students.

"Our goal is to improve safety and strengthen the health of all communities by ensuring all youths are empowered to prevent emergencies and save lives," ACT executive director Sandra Clarke said. "This donation will be a major boost in our fundraising efforts and bring us one major step closer to bringing the program to all York Region high schools."

Once the foundation has completed the fundraising campaign for the region, mannequins and automated external defibrillator training units will be donated to the 49 schools and 14,000 students will then be trained by teachers.

In October, the Canadian Association of Emergency Physicians released a statement focusing on bystander CPR, advising you to at least try to perform CPR on someone suffering cardiac arrest, even if you haven't been trained, because the alternative is likely death.

Since CPR is most effective when the person administering it has been properly trained, the statement includes a recommendation that CPR training be a compulsory part of high school education.

According to the Heart and Stroke Foundation, eight in 10 out-of-hospital heart attacks happen at home. Early CPR, paired with defibrillation, can increase survival rates by up to 75 per cent.

To date, the ACT foundation has set up the high school program in more than 1,600 schools nationwide, empowering more than 1.8 million youths to save lives.

"We realize the importance of these programs in the success and growth of healthy, vibrant communities," TransCanada eastern region director Cecil Blair said. "Supporting the foundation aligns directly with TransCanada's desire to improve the quality of life for local residents in York Region."

For more information about the ACT high school CPR and AED program, visit actfoundation.ca

Find reporter Teresa Latchford on Twitter [@TeresaLatchford](https://twitter.com/TeresaLatchford)



Defibrillator. A program is teaching students at 49 York high schools how to use the device as well as CPR skills.

This article is for personal use only courtesy of yorkregion.com - a division of Metroland Media Group Ltd.
