

## **Banting Grade 9 students get CPR trained**

### **No longer dummies when it comes to CPR**

BY MATTHEW TALBOT, STAFF December 01, 2009

**ALLISTON** - Someone suffering a cardiac arrest might just feel a little safer with a Banting Memorial High School student around after a donation of valuable CPR training equipment last week.



A Grade 9 girls' phys-ed class was training on the new equipment Friday, and students Gin Persaud and Jennifer Blenkarn said the dummies were good tools for teaching them the necessary skills.

"It was actually really interesting," Persaud said, adding she's confident she'd be able to perform CPR in a real-life situation.

"It seemed pretty real," Blenkarn said.

The Grade 9 girls were just one class benefiting from the donation of the equipment, which was paid for in part by local service clubs.

The Alliston Rotary Club and the Alliston Lions Club each contributed \$1,250 toward the equipment, a donation matched by the Ontario Trillium Foundation.

The Advanced Coronary Treatment (ACT) Foundation has a high school CPR and AED program where it trains students to save lives. More than a million Ontario students have been trained so far.

Phys-ed teacher Mary Parsons said the AEDs - automated external defibrillators - donated to the school are an excellent tool. During the scenario played out by Persaud and Blenkarn, Parsons demonstrated during training she can provide students with

instant feedback via remote to let them know whether or not they're pushing hard enough, and what the next step is.

"It's such valuable feedback," she said. "(The AED is) the simplest. Anybody could use it."

Banting received four AED units and 30 practice mannequins, curriculum resources and teacher training.



More than 400 Grade 9 Banting students will be trained with lifesaving skills each year.

Earlier this year, an AED at a public school in Midland was used to save a boy's life.

Lions Club third vice president Ted Boston, a former educator, said the equipment was an investment in health.

"The greatest reward is knowing the students can do what you've taught them to do, without you around," he said.

Both the Lions Club and the Rotary Club said they were pleased to be able to donate the equipment.

Eight in 10 out-of-hospital cardiac arrests occur at home. Early CPR, combined with the use of an AED within the first few minutes, can improve survival rates from five per cent to 50 per cent or more, according to the Heart and Stroke Foundation.

Banting principal Ann McClure said the school community appreciated the efforts of the local service clubs.