

# KAMLOOPS THIS WEEK

## 30 + 2 = saving lives

**JUNE 24, 2009**

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School's out for summer, but Kamloops-Thompson teachers are still learning their ABCs.

Not the alphabetical sort, but rather the lifesaving variation.

**A** — airway;

**B** — breathing;

**C** — circulation.

Nearly two dozen physical-education teachers from Kamloops, Barriere, Chase and Clearwater took part in the Advanced Coronary Treatment (ACT) High School CPR Program on Monday at Westsyde Secondary School.

Although the participants have taken CPR training, updating their skills is necessary because there have been changes over the past few years.

The biggest amendment is the number of chest compressions a life-saver should give, said program instructor Renee Gilroy.

"It's always 30 and two . . . you don't deviate from what you do," Gilroy said, explaining 30 chest compressions are followed by two breaths to increase blood circulating in the brain.



Westsyde secondary teacher Alexandra Berger practices life-saving techniques on a mannequin during a refresher course for local teachers.

At the end of the one-day workshop, the teachers are certified CPR card holders and will teach more than 1,000 students in the district life-saving skills.

And, thanks to a \$24,000 grant from Interior Savings Credit Union, 235 CPR mannequins are being given to nine district schools.

The ACT program is partnered with B.C. Ambulance Service and the Ambulance Paramedics of British Columbia — CUPE Local 873 to bring the CPR program to high schools in B.C.

For more information, visit [\*\*actfoundation.ca\*\*](http://actfoundation.ca).