

# LangleyAdvance

## Langley kids learn to save lives

Students had a chance to demonstrate the skills they've learned in a special life-saving program.

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Langley Advance

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R.E. Mountain Secondary's Grade 10 students all have new friends with grey faces and blue torsos.

Their new friends can't kick around the soccer ball or fire off a text message, but they may end up being the most important friends the students ever have. They are CPR dummies, which Mountain students are using to learn the life-saving technique to pump oxygenated blood through the body of an unconscious person. The students provided a demonstration of the skills they are learning at a special presentation Friday.

The ACT Foundation is a national non-profit organization that works with schools and community groups to offer the program. Each year, more than 23,000 youth receive CPR training through ACT programs.

"Our goal is to have the program in every school across the country so that every young person graduates with the skills," said Sandra Clarke, the foundation's executive director.

Langley MLA Mary Polak told the crowd how she's come to understand CPR's impact. For every minute people are unconscious without a heartbeat, their chance of death rises 10 per cent, while their chance of survival increases by 30 per cent if they receive CPR.

"I would have loved to have this when I was in Grade 10," she added.

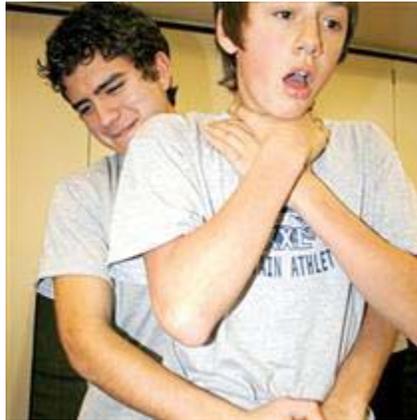
November is CPR Month, and the ACT High School CPR Program officially launched in the Langley School District on Nov. 28. All nine high schools in the Langleys will have the program provided by 35 teachers using 280 CRP dummies donated to the district. BC Ambulance Service paramedics volunteer with the program, which receives donations from Envision Financial and some pharmaceutical companies.

Dr. Mary Wanger, with the BC Ambulance Service, explained that people are much more likely to find themselves performing CPR on a loved one than on a stranger. Eight out of 10 cardiac arrests occur at home.

She added that research shows that people retain the skills from their training, even if they don't have to administer CPR until years later, and 911 dispatchers are learning to talk trained people through CPR, as well.

She said the procedure is about "buying time until the professionals arrive."

"You are four times more likely to survive if you receive CPR at the scene," she noted.



CREDIT: Heather Colpitts/Langley Advance

R.E. Mountain Secondary student Kyle Walters demonstrated life-saving skills on classmate Yoshi Shu who was imitating a conscious, standing, choking victim.