

Mom owes life to son's high school CPR training

By **RENATO GANDIA, SUN MEDIA**

If not for the quick actions of Steve Orr, he probably would have lost his mom to a tumour-related seizure.

Sylvia Orr, 47, is alive today and she credits her son's training in first aid and CPR.

"Had I been in seizure for another half hour, the doctors said I wouldn't have made it," Sylvia said yesterday.

Around 4 a.m. on Oct. 19, Steve woke up to a noise and found his mom lying on the floor beside her bed having a seizure.

"He knew not to put something in my mouth. He was very calm and confident," said Sylvia.

Steve helped his mom back to the bed, checked her vital signs and put her in a recovery position.

He had learned these techniques a few weeks earlier in a first aid and CPR course taught at M.E. Lazerte high school, located at 6804 144 Ave.

The next day, doctors found Sylvia had a tumour behind her left eye, which they removed.

Steve said he wouldn't have known what to do if not for the training he received at school.

Before 2000, first aid and CPR training were not mandatory in Alberta high schools. Following a successful pilot program sponsored by the Advanced Coronary Treatment (ACT) Foundation, Alberta became the first and only province where all high schools offer the program.

Ontario and Manitoba have also made the training mandatory in high schools, but they haven't fully implemented the program, said Sandra Clarke, ACT executive director.

Over 120,000 Alberta students in more than 300 schools have been trained since 2000.