

Teachers learn CPR



West Quebec teachers practice CPR techniques during an August 26 workshop at D'Arcy McGee High School. According to Andrew Johnston of the Red Cross, updated CPR techniques are "easy to learn and remember, and for the general public, that's the key to saving lives." The Red Cross recommends that people update their CPR skills at least every three years.

PHOTO: JULIE MURRAY

Julie Murray

On August 26, fifteen teachers from D'Arcy McGee, Dr. Wilbert Keon, Maniwaki Woodland, Philemon Wright, Pontiac, and St. Michael's high schools were taught up-to-date CPR skills by Red Cross volunteer Andrew Johnston at D'Arcy McGee High School. The program is funded by ACT, the Advanced Coronary Treatment Foundation.

Working in partnership with the provincial Education and Health Ministries, ACT has presented its high school CPR program in over 197 Quebec high schools, resulting

in over 65,000 students receiving critical training in life-saving techniques. Research indicates that eight in ten out-of-hospital cardiac arrests occur at home and that quick CPR response can improve survival rates nearly fourfold.

The ACT program also promotes healthy living, says its executive director, Sandra Clarke. "Students learn about risk factors for heart disease and the importance of adopting heart-healthy lifestyle behaviors at a young age. Then they bring that message, and their lifesaving skills, home."