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## Advanced Coronary Treatment In High Schools: Teens Trained to be Lifesavers

Were you ever caught up in an emergency situation where you had no idea what to do?

A friend choking at the restaurant, a stranger collapsing on the street or discovering a family member unconscious on the ground... Those are all situations we pray not to witness one day. But if it happened, would you feel prepared?



Thanks to the ACT High School CPR Program, now more and more teenagers learn how to react in case of emergency.

The ACT Foundation is leading an award winning program to help Canadian communities institute a mandatory CPR course in every high school. With this initiative ACT Foundation asks for support of community partners and raises funds for program start-up resources for schools, including CPR training mannequins, teacher training and materials.

Once they've got enough funding, ACT makes sure schools implant a successful and durable program. Teachers take the lead from there and show a four hour Heartsaver CPR course to their students during class hours. This guarantees that every student will graduate with the skills and knowledge to save lives.

ACT even initiated a Lifesaver Awards Program to recognize participants who have reacted in emergencies, thanks to the ACT High School CPR Program. Here is one of those local heroes worth recognizing: Suzy Ayach, a student at Nepean High School in Ottawa, wasn't even supposed to be home the day she saved her brother's life.



While having dinner with her family, Suzy's 11 year old brother Nour began choking on a piece of food. She reacted as fast as she could, using the skills she learned through the ACT program in High School. She performed the Heimlich Maneuver and wouldn't let go until it worked. Suzy and her family are so grateful

that someone knew what to do when the incident happened. Thanks to the ACT High School CPR Program one more life was saved!

To read other rescue stories [http://www.actfoundation.ca/rescues\\_main.cfm](http://www.actfoundation.ca/rescues_main.cfm)

The ACT High School CPR Program is supported by Astra Zeneca Canada.

AstraZeneca Canada is committed to ACT's goal of establishing the lifesaving High School CPR Program across Canada.

For more information, visit: <http://www.actfoundation.ca>

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