

Brooks students to get AED training



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With the school year almost over, perhaps the most important lesson taught at the school may come on Tuesday. Students and teachers at Powell River's Brooks Secondary will receive a vital addition to an existing CPR course, put on by the ACT Foundation.

The Foundation has already gone into over 250 secondary schools across BC, including Brooks, to teach a CPR course. However with more and more defibrillators being used and placed in public areas, like hockey rinks, training both kids and teachers on how to use these devices makes sense. "If they're in an arena, and someone suffers a cardiac arrest, they'll know to call 911 quickly, they'll know how to perform CPR, they'll know to pull that defibrillator off the wall and they'll know how to use it" says the ACT Foundation's Sandra Clarke. "They're being trained to save lives."

The already established CPR course has been taught across BC for years, however it's only been until recently where ACT has doubled back to include defibrillator training. It makes for a well-rounded course. "Through the course, students are learning how to recognize the signs and symptoms of heart attack and stroke" says Clarke.

"Then they learn the importance of calling 911 quickly, stepping forward and performing CPR if necessary. They also learn what to do when someone is choking, and finally they learn how to use that defibrillator."

By training both students and teachers at Brooks Secondary, it means the lessons learned on Tuesday and be passed down to others at the school. It's hoped once this class graduates, teachers at the school will be able to train up to 200 students a year at Brooks alone in CPR and defibrillator use.