



## Kamloops/Thompson Secondary Schools adopt lifesaving curriculum



This school year, more than 1,100 Grade 10 students will be trained to save lives by their teachers. The ACT Foundation, in partnership with BC Emergency Health Services (BCEHS), completed the ACT High School AED enhancement program set up in the ten secondary schools (Barriere, Chase, Clearwater, Norkam, Sa-Hali, South Kamloops, Valleyview and Westsyde Secondary Schools, as well as Logan Lake Elementary Secondary School and Beattie School of the Arts) and trained 36 teachers

from School District No. 73 Kamloops/Thompson, as CPR and Automated External Defibrillator (AED) instructors for their students.

Thanks to funding from ACT's community partner, Interior Savings Credit Union and health partners, AstraZeneca Canada, Pfizer Canada and Sanofi Canada, the ten secondary schools received the needed training equipment and materials for teachers to empower students with lifesaving skills. Each year, more than 1,100 students will learn how to perform CPR and use an AED.



"It is a practical lifelong skill that could potentially help another human being. It puts students and others in a position where they have the willingness and confidence to assist others in need," shares a teacher from Norkam Secondary School.

### Early CPR and Early Defibrillation save lives

About 40,000 Canadians suffer cardiac arrest each year. This represents one cardiac arrest every 12 minutes, every day of the year. It can happen to anyone, anywhere, at any age.

There is also a strong sports connection, with sudden cardiac arrest being the number one cause of death in youth and teen athletes while participating in sports.

Early recognition of a cardiac emergency, early access to medical help (calling 9-1-1), early citizen CPR, and early defibrillation are critical to saving lives. The High School CPR and Defibrillator Program empowers youth with these lifesaving skills so they know how to react in an emergency.

"Each and every year the ACT Foundation's CPR and AED program will enable approximately 44,000 students to gain the information, skills and confidence to save lives. These skills will assist them to help others throughout the rest of their lifetime. An investment worth our efforts," said Dr. William Dick, Interim Vice President of Medical Programs, BCEHS.

### What students will learn in the ACT High School CPR and AED Program

Through the ACT High School CPR and AED Program, teachers instruct their students about the four Rs of CPR:

- RISK factors for cardiovascular disease and the importance of adopting a heart healthy lifestyle
- How to RECOGNIZE a developing medical emergency
- How to REACT, by calling 9-1-1 quickly and how to help while waiting for the ambulance to arrive
- How to RESUSCITATE by performing CPR, using an AED and how to perform the obstructed airway manoeuvre

"Knowing that you have the ability to save someone else's life is a very powerful thing," shares a student trained through the ACT High School CPR and Defibrillator Program.

### About the ACT Foundation

The ACT Foundation is the national charitable organization that is establishing the CPR and AED program in Canadian high schools. The program is built on ACT's award-winning community-based model of partnerships and support, whereby ACT

finds local partners who donate the mannequins and AED training units that schools need to set up the program. Secondary school teachers then teach CPR and how to use a defibrillator to their students as a regular part of the curriculum, reaching all youth prior to graduation. ACT's partners who are committed to bringing the program to British Columbia are BC Emergency Health Services (BCEHS) and our national health partners, AstraZeneca Canada, Pfizer Canada and Sanofi Canada. More than 2.9 million youth have been trained in CPR by their teachers through this lifesaving program to date.

For more information about the ACT Foundation and rescue stories, visit [www.actfoundation.ca](http://www.actfoundation.ca).



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