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Several learn CPR life-saving procedures

By LAURA SALVERDA

Special to the Independent/Free Press

The two CPR training sessions held Saturday at the Georgetown District High School were a life-saving success.

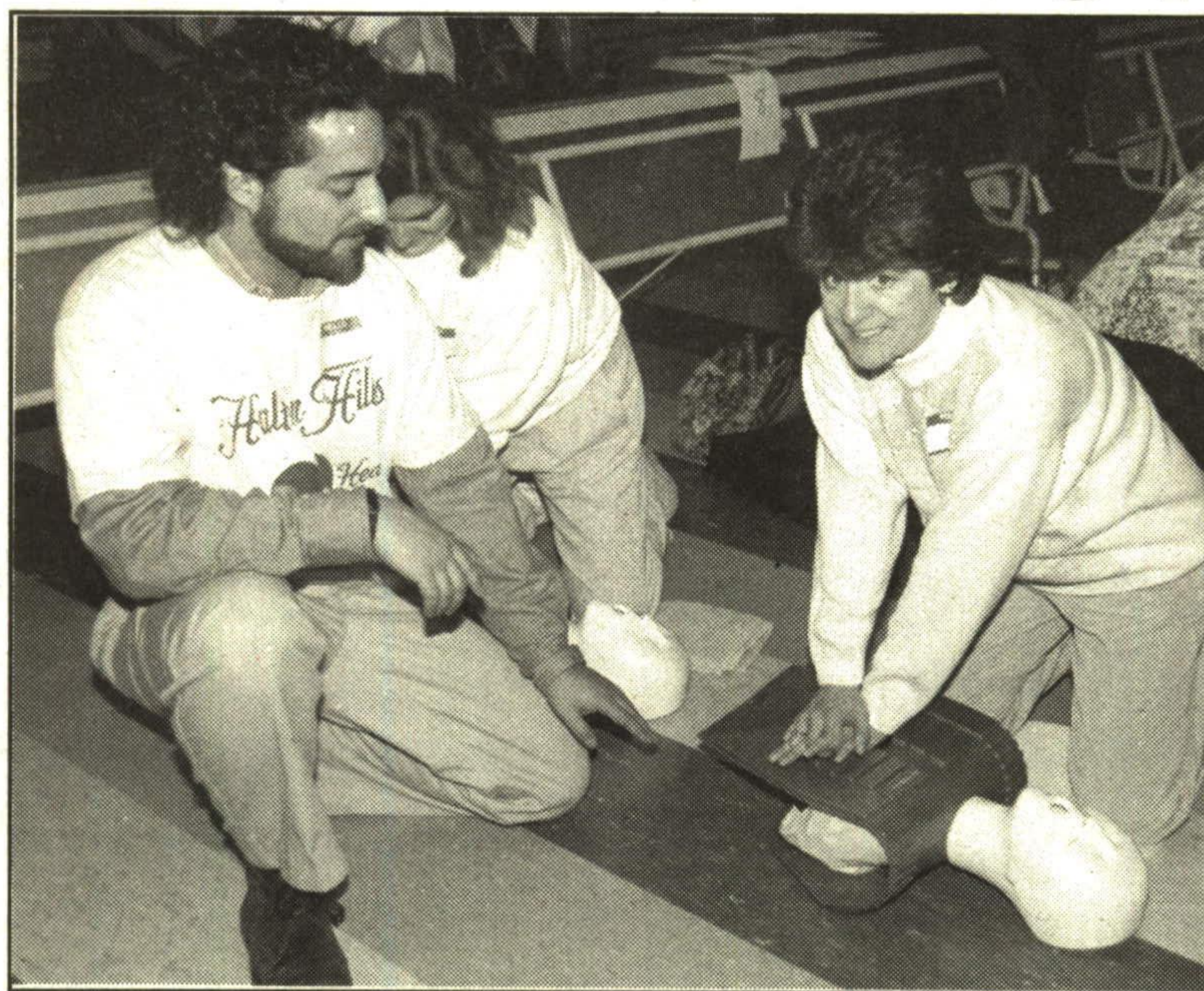
More than 150 participants joined in the theoretical and practical training to earn their one-year basic CPR certificate.

Halton/Mississauga Ambulance instructor Peter McMurrugh, led off the program with a one-hour talk on recognizing the signs and symptoms of a heart attack, what to do about it, how to access the health care system, and most importantly, "prudent heart living."

McMurrugh said prevention is the '90s' approach to CPR training and the public needs more information on the causes of heart problems: diet, exercise and stress levels, because too often, the cures come too late. "They need to be educated on what causes heart attacks, become aware of the symptoms and recognize why they are doing CPR," McMurrugh said.

McMurrugh said that a member of the public who knows CPR can sustain a life until help arrives.

"The general public is the first system to go into effect in the first crucial four minutes with a heart attack victim. McMurrugh said that in an ideal world there would



A member of the CPR class gets in a little practice at Georgetown District High School on Saturday. Some 150 people took part in two classes in the life-saving procedure.

be an ambulance within every three square kilometre radius; Halton has two, serving 450 square kilometres. "With a member of the public administering CPR in those first four minutes, the ambulance arriving to take over for the next four

minutes and transferring immediately to hospital, you have a 43 per cent survival rate. Without that first step, it drops down to a 10 per cent survival rate," McMurrugh said.

McMurrugh said the turnout was excellent for the courses and it

would create a "domino effect" within the community.

"These people will tell their families and others what they've learned, and they will become teachers," McMurrugh said.

"Today they will also learn to save a person who is choking. Choking kills as many people as coronaries," McMurrugh said. "It is really sickening watching a person choke to death and not knowing how to save them."


McMurrugh said that everyone who volunteered their time on Saturday should be commended.

"These people are all here on a completely volunteer basis and I think that shows their strong commitment to their community," McMurrugh said.

"That is the irony of the problem facing the ambulance system. It is very frustrating, because we are forced to rely too heavily on volunteers. We need more full-time staffing," McMurrugh said.

Halton Hills Ambulance Service coordinator Wally Williams said they now have 60 volunteer members of their team. "We put on a major drive about 18 months ago and we pushed the membership from 40 up to 60," Williams said.

He was very pleased with the response to the first annual CPR training session, and wanted to thank all those involved.



Engagement
 Dr. & Mrs. Harry Greig wish to announce the engagement of their daughter Whitney Alison to Mr. Duncan Sanders of London, Ontario. Wedding to take place August 21, 1993 at Knox Presbyterian Church, Georgetown.

Pinto Photography

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THE INDEPENDENT ACTION FREE PRESS IS PLEASED TO ANNOUNCE
OUR EASTER COLOURING CONTEST WINNERS



Annette Milne of Wildwood Manor Ranch a sponsor of three of the many prizes is surrounded by a group of happy winners. Prizes in 4-6 age group were awarded to Leanne Binsell, Georgetown and Cody Swinkels, Limehouse. Ages 7 & 8 winners were Jessica Ponte and Dustin Boreland both of Georgetown. Vanessa Gunn, Acton and Sinéad Irvine, Georgetown took prizes in the 9 & 10 age group. It was difficult for our judges to choose just 6 from the over 200 entries.

We would like to thank the sponsors listed below for their generous donation of prizes.
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