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Everyone should be trained in first aid, CPR and how to use an AED: Mikey Network

Opinion Mar 21, 2017 by [Robyn Wilkinson](#) Caledon Enterprise



Researchers Prof. Timothy Chan (left) and Christopher Sun are shown in a handout photo. A new study suggests that coffee shops and automated bank machines would make ideal locations for installing automated external defibrillators to help people who suffer a cardiac arrest. THE CANADIAN PRESS/HO-Marit Mitchell MANDATORY CREDIT

I've never saved a life.

But I have the training and skills to be able to help in an emergency.

While I am no expert, I am certified in first aid and CPR training after taking a course through my employer last summer. First aid, CPR and training on how to use an Automated External Defibrillator (AED) have given me not only the skills, but also the confidence to know what to do in an emergency situation. Everyone can benefit from this training.

You may have heard recently that a man who went into cardiac arrest while playing a game of volleyball in the Thursday night Brampton Volleyball League (BVL) at Chinguacousy Secondary School earlier this month. A high school gym teacher and an elementary school vice-principal helped save his life. Both were trained in first aid and CPR.

As a member of the BVL, I was relieved to hear it was the quick thinking of a vice-principal who had been playing, and a gym teacher running on the treadmill who saw the commotion and rushed to grab the school's Mikey AED that ultimately led to saving this man's life. Without them, and the assistance of the players at the school that night, he wouldn't have survived.

Considering schools boards don't require all teachers to be trained in first aid, it's interesting that two people in the education system were the one's whose action led to saving this man's life. Morty Henkle, executive director of the Mikey Network, was aware of the actions of the Good Samaritans and the use of a Mikey at the high school. He'd like to see everyone trained in how to use the device, as well as in first aid.

"I think every teacher should have CPR and first aid training. I think everybody period should have training and more, especially, teachers," he said.

Since 2008, the Mikey Network has placed Mikey AEDs in more than 250 public schools in Peel Region.

In that time, some 36 people, including students, have been resuscitated through the voice activated and easy to use Mikey defibrillators.

The Mikey Young at Heart app is also available on the Mikey website where students can log in and learn how to work a defibrillator and get some volunteer hours at the same time.

According to Peel Regional Paramedic Services, 14 people acted and used an AED and/or performed CPR at workplaces, a community centre, Pearson Airport and a high school in Peel Region between March 2 to 9.

"In the span of seven days, there were six instances when someone in cardiac arrest was assisted by a bystander," said Paul Snobelen, Community Safety Program Specialist. "These 14 bystanders who acted in various capacities to help someone in distress were 'true first responders.' Bystanders like them, who are willing to perform CPR or use an AED, are invaluable to the patient and to paramedics once they arrive on scene."

You may not realize that when you take your kid to swimming lessons, go work out at the gym, or play a game of hockey, that there are AEDs available in case of an emergency.

In Caledon, there are 16 AEDs in town facilities such as; at the Caledon Centre for Recreation and Wellness, Albion Bolton Community Centre, Rotary Place, Mayfield West Recreation Complex, Lloyd Wilson Arena, Inglewood Community Centre and Library, Caledon Community Complex, and town hall.

They're easy to use and specifically designed so that anyone can use them in an emergency. A new study out this week in the American Heart Association journal *Circulation*, says that local coffee shops and bank machines would make for the perfect location for AEDs to be housed to help those who have gone into cardiac arrest. By having AEDs in locations such as these, it would take the guesswork out of 'where is the AED?' for the bystander wanting to act quickly by associating locations at corner coffee shops and ATMs.

I'd encourage you to think about where these devices are in your travels and consider taking a first aid and CPR course, because you never know when the time could come that you may be tasked with helping save a life.