

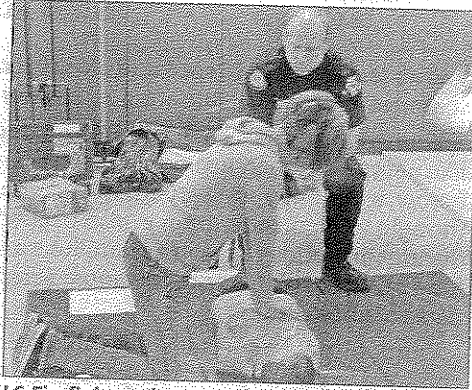
Cavelero Mid-High learns CPR from LS Fire

BY JOURNAL STAFF

Eighth grade students at Cavelero Mid-High are more prepared to help someone in case of an emergency after learning the basics of CPR from Lake Stevens Fire personnel. Students practiced giving breaths and compressions on mannequins and were required to explain every step of CPR to paramedics before they were given credit in their health class.

Students were also shown an overview on how to operate AEDs which are electronic devices that were designed to allow minimally-trained people to provide lifesaving defibrillation (electric shock to the heart) to victims of sudden cardiac arrest.

These life-saving techniques are simple



LS Firefighter shows students life-saving CPR.

to learn and important to know.

Contact the Lake Stevens Family Center at 425-397-7433 if interested in signing up for the next available CPR/First Aid Class.