

Fire department given equipment for CPR class

By Deborah Burstion-Wade

OF THE SENTINEL STAFF

WINTER PARK — Residents will have more opportunities to learn life-saving CPR methods because of a donation of cardiopulmonary resuscitation aids to the city's fire department.

An instructional film and two mannequins, valued at \$820, were donated last week by the Winter Park Rotary Club.

The equipment replaces aids that city fire department instructors, along with other CPR instructors throughout the area, borrowed from the American Heart Association of Central Florida.

Sharing equipment curtailed the number of classes available because the aids had to be returned immediately, said Capt. Wayne Garner.

The mannequins, called ResusciAnne and ResusciBaby, have electronic monitors to indicate if CPR is being administered correctly.

CPR, a technique involving mouth-to-mouth resuscitation and a series of external heart massages, is used to restore breathing until medical help arrives.

Live subjects cannot be used during

instruction because serious injury, including cracked ribs, can result if CPR is done improperly, said Garner.

Almost anyone can learn CPR, but not everyone will receive a certificate after a three-hour instruction period. Many persons under 14, the infirm and the elderly do not have the physical strength to apply the massages. They should, however, still attend classes. If confronted with an emergency, they can help or relay their knowledge to others, he said.

Starting April 28, the fire department will hold classes the fourth Saturday of each month in the main meeting room of the Winter Park Library between 9 a.m. and noon.

Residents can sign up by calling or stopping by the fire department on West Lyman Avenue. Classes will be limited to 25 persons, Garner said.

The fire department also offers courses to interested civic and neighborhood groups of six persons or more.

The Heart Association is offering CPR classes on alternate Saturdays at 9 a.m. at Winter Park Hospital. The next class is April 7.