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April 16, 2011	(425) 844-9470

When Minutes Count

First Aid and Cardio-Pulmonary Resuscitation

“We all know First Aid is important; but what makes CPR as important, if not more so?” asked Jim Russell of his rapt audience. “You’ve heard of ‘brain-dead?’ In 4 minutes after a person stops breathing that person’s brain cells start dying from lack of oxygen. Those cells do not grow back; they are irreplaceable. In 15 minutes, that person is likely to be dead. If, however, when a person stops breathing he or she is noticed by someone who then properly administers CPR, there is a very good chance that person can survive the trauma.”

Jim Russell is a former King County Duvall Fire District 45 Emergency Medical Technician and has trained many students in First Aid and CPR.

Russell was addressing a class of 11 Carnation, Duvall, Redmond and Woodinville residents. The class was sponsored by Carnation-Duvall Medical Reserve Corps (CDMRC) under the auspices of Carnation-Duvall Citizen Corps Council. It was held Saturday, April 16, in the Tolt Congregational United Church of Christ in Carnation.

The importance of CPR is reflected in the credentialing requirements of various organizations.

For example, Carnation resident Matthew McCommons, one of the class attendees, is a member of the U.S. Army National Guard. The National Academy of Sports Medicine requires the ‘civilian’ version of First Aid and CPR training for those like McCommons who want to become licensed personal trainers.

Sheila Blackman, another attendee, has an office in Duvall where she practices Acupuncture and Oriental Medicine. She must keep her continuing education current in order to remain certified as a Practitioner of East Asian Medicine by the National Certification Commission for Acupuncture and Oriental Medicine.

Credentials are but one motive for taking First Aid and CPR.

Carol Tharp, who lives in Woodinville, just wants to continue “being able to help myself, my family and my neighbors.” She is considering becoming a member of CDMRC.

Gene Laughlin, a Duvall resident who is Coordinator of CDMRC, explained, “Aside from being there when my family or someone needs help, if I want members of our Medical Reserve Corps unit to take First Aid and CPR training, I had better keep current myself.”

CDMRC will be scheduling another class in June, maybe earlier depending on demand. Interested residents should get on the waiting list. Contact mrcl@carnationduvallcitizencorps.org. A donation of \$35 is asked for the all-day class.

See Image Below



