



Sailors to the Rescue

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Are you scheduled for your initial CPR training or refresher training in the near future? Are you dreading those boring hours locked in a room with an instructor and his CPR dummies? Well, here are two success stories that might make your training more meaningful.

Bridging a Critical Time Gap

After returning home from night school, an AT3 heard a woman screaming near the pool area of her apartment complex. She hurried to the woman's side to find her standing over her unconscious husband. The AT3 told the woman to call 911. Meanwhile, she started CPR on the man, who drifted in and out of consciousness. Within minutes, local paramedics arrived and gave the man an I.V. solution, which helped him become fully alert.

The AT3's efforts bridged the critical gap between the



Photo by Allan Amen

notification of the paramedics and their arrival. Her knowledge of CPR was crucial to the man's survival.

Where's My Son?

A CPO was helping a friend repair a wooden, pool deck. At the same time, he was trying to watch his 2-year-old son. As youngsters that age will do, though, he kept getting in the way of the work, so the CPO tried to interest his son in watching TV with his friend's wife.

Later, the CPO went to check on his son. He became frantic when he couldn't find the boy. Imagining his worst fear, he ran to the pool and found his son lying facedown on the bottom. The boy wasn't breathing, and he had only a weak pulse moments later when the CPO began CPR. After four short breaths, his son still wasn't breathing, and he had the same weak pulse.

The CPO continued rescue breathing until a neighbor, whom the friend had called, arrived and took over the task. Within seconds, the boy coughed and started to cry. Doctors kept the boy in a

hospital for one night of observation, then released him to go home.

"I'll never need this training," or, "It won't happen to me," are a couple of excuses you often hear from people who are scheduled for CPR refresher training. As these two cases prove, however, the time you have to spend locked in a room with an instructor and those dummies is a small price to pay for learning how to save someone's life. ■

The author was assigned to VP-30 when he wrote this story.