

A Good Deed for a Youth in Need

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The Navy teaches Sailors about the dangers of drug use, enforces a strict no-tolerance policy, and promotes a drug-free lifestyle. It also teaches Sailors the importance of first-aid and cardiopulmonary resuscitation (CPR) training, which is essential for those who work around dangers every day.

These two parts of Navy training came in handy for two *Decatur* Sailors on liberty in Brisbane, Australia. The training allowed them to bring back a valuable lesson and real-life experience to their shipmates.

One day while waiting for a liberty bus back to the ship, PO2 Raymond Rizzo heard a cry for help from a park in downtown Brisbane. When he responded, he found a 16-year-old whose heart and breathing had stopped.

As Petty Officer Rizzo started CPR, more people came to help, including a shipmate, CWO2 Henry Bluing. A taxi driver called an ambulance while the victim's girlfriend revealed that the boy had overdosed on heroin. Once his heart resumed beating, it would beat wildly and then stop. His breathing was shallow. Petty Officer Rizzo and CWO2 Bluing resuscitated the boy three times while waiting for the ambulance to arrive.

"I didn't even stop to think," said Rizzo. "The Navy training kicked in, and I was doing CPR."

Instead of feeling pride and relief for having saved a life, the two Sailors felt sadness for the other teenagers in the park. Why? Because there's a good chance the young man they saved won't ever know how lucky he was that night. *Decatur* shipmates, though, know how lucky they are to have shipmates like Petty Officer Rizzo and CWO2 Bluing.

Two lessons were re-enforced for the crew that night. The first is that drugs can kill, and the second is that first-aid and CPR training is invaluable when others need help. ☺

CPR for Children Over 8 Years and Adults



1. Look, listen, and feel for breathing and pulse. If breathing or pulse is absent, open the airway.



2. Tilt the head back, close the nose, and give two full breaths. Check the pulse. If there is no pulse, or breathing, start CPR.



3. Start chest compressions: If one person is performing CPR, do 15 chest compressions, then two full breaths. Repeat. If two people are performing CPR, one person does five chest compressions, then the other gives one full breath. Repeat.