

CPR for DUMMIES

Health students learn life saving skills.

Walking into CPR training sophomore Julia Beswick was not entirely sure what to expect. The floor was covered in test dummies and the instructor was issuing a plastic bag to each student. The attentiveness of each student varied. "Some people took it seriously and some people didn't," Beswick said.

Every fall and spring semester the sophomore health classes were required to go through CPR training. Half-a-day is spent learning how to correctly perform CPR and handle a possible life-or-death situation. The students were trained by practicing on dummies, following along with an instructional video and getting assistance from a certified trainer.

After completing instructional time, students had the option of testing to become CPR certified. Many students took advantage of this opportunity. "I'm CPR certified

now," Beswick said. "It's nice because if I wanted to lifeguard next summer I don't have to take a class and then I have a better chance at saving someone's life."

There were many steps in the CPR process that students learned.

"We learned how to do the compression and hand placements, there was a song and beat we had to do it to," Jackson said.

Beswick elaborated more. "You had to open their mouth, tip the head back and hold the nose. Then you had to wait for the chest to rise up and give them two big breathes," Beswick said.

Some parts of CPR were more important than others. "Even if they remember nothing," Deb Nicholson said, "we want them to remember compressions, because those are the most important. As long as they are getting that blood flowing

background photo

Senior Jack Kaputka reaches out and feeds a giraffe some plants at the Black Park Zoo. Every year the animal science class visits the zoo to observe the animals and have a scavenger hunt to learn about different kingdoms of animals.

Photo by Amanda Jensen

18 september

9

Job # 3292 School Johnston High School

18

Special Instructions

Even
Page

Black Ink

Includes Spot Color(s)

Process 4-Color (CMYK)

HJ
Template

MICS30901L
©2008 Herff Jones, Inc.,
All Rights Reserved

and can continue to do them until help arrives, that's going to help the victim."

Being CPR certified meant a person had been tested over the skills and could demonstrate the skills by themselves if the situation presented itself.

Some students, like Beswick and Jackson, believed they could give CPR if they had to, but others admit they would not be able to complete the task if the situation presented itself. "I wouldn't want to be the one to do it," sophomore Nicholoas Hansted said. "I don't know if I could remember the steps and I wouldn't want to make a mistake."

In the end, many students agreed learning to do CPR was beneficial. "I'm glad I was able to learn how to do CPR because it's something that's important to know how to do," Jackson said, "it could help save a life."

1. Juniors Lexi Williams and Jordan Ellis wave as they zipline down the wire. The national guard provided all PE classes the opportunity to zipline and rock climb.

Photo by Laura Schwartz

2. After taking pictures of her friends' tailgate for journalism, senior Carmen Vajgrt laughs as she looks back at them. Students in journalism practiced their photography at several events to improve techniques such as lighting and framing.

Photo by Katrina Fey

3. Seniors Beth Knoblauch, Agatha Ferrira and Veldin Blawsaq use water to carefully smooth out the edges of their slab box project. Early in the semester, students in clay started out with other projects such as the hollow sphere, coil pot and pinch pot.

Photo by Swathi Somisetty

4. Using a rotary cutter, sophomore Rachel Eggleston cuts fabric in preparation for her first project in clothing seminar. "I am taking this class because I have always enjoyed creating things with fabric," Eggleston said.

Photo by Swathi Somisetty



1



2



3



4



5

5. After making observations from conducting a lab, senior Deepthi Akella and junior Nate Standish record data to analyze and write a lab report. To practice stoichiometry and learn about chemical reactions, AP chem students performed an experiment forming magnesium oxide.

Photo by Swathi Somisetty