

# IN THE NEWS

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NSU University School  
NOVA SOUTHEASTERN UNIVERSITY

## NSU University School CPR Training Event Continues to Spread Awareness



NSU University School recently hosted its third annual citizen CPR training for the Upper School. USchool is the first in South Florida and one of the first schools in the state to champion training of this magnitude. Shari Kumar (class of 2015) started the American Red Cross (ARC) club when she was in the 10<sup>th</sup> grade to raise awareness about hands-only CPR with the goal of “creating a whole generation of life savers.” Three years later, USchool’s initiative is being used as a model by the American Red Cross.

According to the ARC, hands-only CPR is a potential lifesaving technique involving no mouth-to-mouth contact and best used in emergencies where someone has seen another person suddenly collapse. ARC says the technique increases the likelihood of a person surviving cardiac emergencies that occur outside medical settings, which is important because four out of five cardiac arrests happen at home.



Emily Africk, current president of the ARC Club, organized this year’s event. Several ARC volunteers attended to help supervise, but the training was done by certified USchool students who even taught sessions throughout the day in the gymnasium. “We talk them through the steps of performing Citizen CPR (CCPR) and then we practice as a group. The three main steps are Check, Call, Compress. First, one must check for surroundings and responsiveness from the victim. Then, they assign someone near them to call 911, and finally they start the compressions,” said Emily Africk.



“It is a great event that spreads awareness and prepares more citizens for emergency situations,” she said. “It is important to me because it allows me to see all of the hard work and dedication that goes into organizing the day pay off. I am also personally rewarded seeing all of my peers enjoying themselves while learning about Citizen CPR.”