

Stayin' alive

SOT

Jordan Meeks, pediatric wellness specialist at OSF HealthCare

"Most cardiac arrests happen in people 40 years and older, a lot of teachers, parents, grandparents, coaches and those that young people are spending a lot of time with. And young people are getting to a point where their body is maturing, so they're able to do those compressions with enough strength to be helpful." (:22)

SOT

Jordan Meeks, pediatric wellness specialist at OSF HealthCare

"It's compressing the chest in half at a rate of about 100 beats per minute. Think of the song Stayin' Alive by the Bee Gees. The compressions help restore blood flow to the body and brain, which is really important to help preserve that person's life." (:17)

SOT

Jordan Meeks, pediatric wellness specialist at OSF HealthCare

"It gives you step-by-step instructions. It's going to tell you when you need to stay clear of the patient. It will analyze the heart's rhythm to see if it's regular, irregular or not beating at all. Then it will provide instructions on whether to deliver a shock. You press a button to deliver a shock. Then it will tell you to start CPR." (:29)

SOT

Jordan Meeks, pediatric wellness specialist at OSF HealthCare

"The manikins are very much like the human body, so the students get a really good, hands-on experience with how CPR works. They also learn how to use the AED. Most students know where it is in their school, but they've never seen it before. They have no idea how it works." (:15)

SOT

Paige Ferguson, student at Fisher (Illinois) schools

"You just had to stay at a consistent pace, which was difficult [to start]. But once you got that pace going, it was pretty easy to stay with it." (:08)

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Kira Becker, student at Fisher (Illinois) schools

"It's important to know this so you can help friends and teachers in your daily life. You can help save a person's life." (:07)

SOT

Doug Ingold, teacher at Fisher (Illinois) schools

"It's great to have hands-on experience. It's different than just watching a video. Having OSF come in and give the students actual practical experience really gives them a good idea of what it takes to do CPR." (:18)