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## SGV Sector Employees Trained in Life-Saving Procedures

By ELIZABETH ARMIJO-HOLBROOK

The American Red Cross recently certified 16 volunteers from the San Gabriel Valley Service Sector in life-saving skills and techniques.

Students were trained in the "Check-Call-Care" steps of emergency assistance:

- **Check** the scene for safety,
- **Call** 911 or the workplace emergency number, and
- **Care** for life-threatening conditions.

The course included instruction in the proper methods for assisting someone who appears to be unconscious, a choking victim or someone in cardiac distress.

The employees also received training in the use of the latest in life saving devices, the Automated External Defibrillation (AED). AED units are located in many Metro work areas.

### 70 percent chance

Before the development of the AED, victims of cardiac arrest only stood a 40 percent chance of survival through Cardio Pulmonary Resuscitation (CPR). Metro trains about 400 employees each year in CPR and the use of AEDs.

Today, victim survival rates have increased to more than 70 percent. Currently, Metro has 47 AEDs at Metro Headquarters and at most bus and rail transportation and maintenance locations. Eventually a total of 75, will be placed at all locations, once personnel are trained to use the defibrillators.

According to the American Red Cross, if a victim stops breathing for more than four minutes, irreversible brain damage may occur.

Scott Boim, San Gabriel Valley's senior s specialist says the sector is now equipped to provide emergency medical assistance in almost all medical emergencies on a 24/7 basis.