

July 17, 2024

Michelle Keenan
CPR Training

Dear Ms. Keenan and Mr. Michael,

Thank you for teaching us how to do CPR and how it works. I enjoyed testing out the dummies and the machines. I really enjoyed hearing about Michael's stories about saving people because I feel like I could do that someday too.

I learned different ways to do CPR depending on the age of the person. I learned that no matter what you do, never stop doing CPR unless you're too tired, a professional takes over, the scene is not safe, or if the person starts breathing on their own. I find that the AED machine is really interesting because it checks the person's heartbeat and tells you when to start doing CPR and when to stop. One thing about the AED machine is to never touch the person or pads when it's about to send a shock because it can stop your heart.

I also learned that for a grown person you need to call 911 and then do CPR at least 100 compressions a minute. For infants and children you need to do a little CPR to help their blood flow for a little, then go get help. For children you need to go a little faster and do at least 110 compressions a minute.

Thank you for teaching us how to use the AED machine, and even if you're scared you just got to go for it. For example, if you accidentally break a person's rib doing CPR, you have to keep going. This can help me in the future in case there's a person with no pulse and there's nobody around to help, I can probably save their life.

Sincerely,
Suheydy Lugo