

Public Health Committee
Public Hearing
02.23.14

Dear Senator Gerratana and Representative Ritter and members of the Public Health Committee, my name is Kristin DeCapua, and I am a resident of Old Saybrook.

I am submitting this testimony in **support of Senate Bill 684**, An Act Concerning Training in Cardiopulmonary Resuscitation. I believe it is important for all high school students to learn CPR in school.

I would ask you to consider adding language that ensures students get the opportunity to perform chest compressions, getting the hands on experience, while learning CPR. I would also suggest that students be made aware of the importance of using an Automated External Defibrillator. Now that breaths are not a part CPR, teaching hands only CPR takes very little time and gives lifesaving skills to students.

Kids attending Old Saybrook schools learn CPR in high school and I believe this lifesaving skill should be taught throughout Connecticut making all of our towns as heart safe as Old Saybrook. My daughter is a student at Old Saybrook Middle School and has already learned hands only CPR through a program implemented by our Chief of Police, Michael Spera, and the American Heart Association. I'm very excited to know she will continue to hone this life saving skill at her high school, and that kids around town can help others if they need to act fast. These kids are eager to learn this life saving skill and we just need to be ready to teach them!

Sudden cardiac arrest can happen any place, at any time. If you suffer sudden cardiac arrest, your best chance at survival is receiving bystander CPR until EMTs arrive. But most do not. That's a reality that has to change, starting today. Teaching students CPR in our schools would put thousands of qualified lifesavers on Connecticut's streets every year.

Our schools are an ideal place to teach students the chain of survival. The legislation is not asking for students to be certified in CPR but only to get hands on experience doing CPR compressions and be aware of the important of an Automated External Defibrillator (AED).

Please consider the additional language and vote in favor of Senate Bill 684. You have the ability to make all our towns as safe as my town of Old Saybrook.

Kristin DeCapua
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