

Life-saving skill focus of BC3's Lunch & Learn presentation

May 14, 2019



Kiley Cribbs will teach participants how to perform chest compressions in her “Hands-Only CPR-Save a Life” presentation May 22 as part of Butler County Community College’s Lunch & Learn Series. Cribbs, BC3’s coordinator of EMS and police training programs, is shown Monday, May 6, 2019, on BC3’s main campus in Butler Township.

(Butler, PA) The 90 seconds it takes someone to learn Hands-Only CPR can be the difference of a lifetime for the nearly 350,000 people in the United States who each year suffer an out-of-hospital cardiac arrest, said a Butler County Community College administrator who May 22 will teach the technique to participants during BC3’s Lunch & Learn Series.

“It is important to know how to perform CPR because more than 40 percent of all cardiac arrests occur at home or in a public setting,” said Kiley Cribbs, BC3’s coordinator of EMS and police training programs. “In these cases, many times there is no formally trained personnel within reach. With bystander CPR, nearly 45 percent of these cardiac arrest victims will survive.”

“Hands-Only CPR-Save a Life” is the fifth of six Lunch & Learn professional skills workshops to be held in downtown Butler locations through June as part of the first open programming in the city by BC3’s Workforce Development division. The 90-minute Lunch & Learns begin at 11:30 a.m. with a chance to network, followed by a light lunch and the presentation.

Natili North will serve as caterer for “Hands-Only CPR-Save a Life,” to be held at Springhill Suites by Marriott, 125 E. Jefferson St.

Hands-Only CPR involves first calling 911, then pushing hard and fast in the center of the victim’s chest to a song that has 100 to 120 beats per minute, according to the American Heart Association, which cites as examples “Crazy in Love” by Beyoncé featuring Jay-Z, “Hips Don’t Lie” by Shakira” or “Walk the Line” by Johnny Cash.

“My song choice is ‘Stayin’ Alive,’” Cribbs said of the Bee Gees’ single released in December 1977. “Music is the learning tool.”

Immediate chest compressions – Hands-Only CPR – double or triple the chances of surviving an out-of- hospital cardiac arrest, Cribbs said adding that it serves to “keep someone alive until more advanced care arrives.”

BC3’s Lunch & Learn Series represents the implementation of an initiative in BC3’s 2017-2022 strategic plan in that it is intended to build relationships to advance economic development and quality of life in the community, said Kelly McKissick, BC3’s coordinator of professional education and certificate programs.

Tricia Pritchard, a BC3 faculty member, will help participants develop listening practices that will help them influence others, reduce conflict and increase productivity in “Active Listening,” to be held June 12 at The Chop Shop.

The cost for each Lunch & Learn will be \$10 per person. Seating is limited, and registration is required. To register, visit bc3.edu/lunch-learn or call 724-287-8711, Ext. 8476 for corporate billing.

Lunch & Learn participants interested in additional information or training on the topics can contact BC3’s Workforce Development division, McKissick said.

BC3’s Lunch & Learn Series follows the realization of 2017-2022 strategic plan initiatives that include the creation of a coordinator of community leadership initiatives position and, by moving that office in August 2018 to a South Main Street location, establishing BC3’s first presence in the city of Butler.

The college in 2018 also launched “Reset Your Brain: A Revolutionary Approach to Opioid Addiction & Recovery,” whose four monthlong “Hope is Dope” programs have been held in downtown Butler.