

## *You Don't Have to Be a Doctor to Save Someone's Life*

**V**iolet was the only one nearby at a family cook-out when her 4-year-old 'adopted' grandson, Caleb, went from running and jumping to being frozen in place with panic in his eyes. Violet ran to him and quickly realized he was not able to breathe.

As part of the Department of Library and Knowledge Services at MAHEC, Violet does not provide hands-on clinical care. However, she attended a Basic Life Support (BLS) course at MAHEC earlier in the year, along with many other office-based staff that were interested in learning the basic skills of life support. She had no idea at the time just how important a role that class would play in her life.

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*“You take the class hoping you’ll never need to use the skills, but this situation shows you never know when you’ll need to respond. You want to be as prepared as possible to take care of someone that you love, or maybe help a stranger that you’re just meeting for the first time.” (Violet)*

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Violet responded immediately by lifting Caleb from the ground, and, using the techniques that she learned in the class, dislodged the food that had blocked Caleb’s airway. Caleb began breathing again.

Before her own heart-rate could return to normal, Violet was already thinking about how thankful she was to have recently taken the class. She is confident she wouldn’t have handled the situation as effectively without the knowledge gained from the BLS class.

Look for future community BLS courses provided at MAHEC ([www.mahec.net](http://www.mahec.net)) or check with your local Red Cross for ongoing trainings.



### **GRANDMA VIOLET TO THE RESCUE:**

Although Violet does not work in the clinical field, a Basic Life Support class gave her the skills to save grandson Caleb's life.