

# University, State employees learn life-saving techniques

By Amy Lenzen

He was a jogger who had a heart problem. And one day on the track near the coliseum, the professor's heart stopped and he collapsed.

Within a minute help was by his side. Dr. John R. Thompson, who was at the track, was there trying to save his life with cardiopulmonary resuscitation (CPR). Others were there too but they were of little help.

Thompson was able to revive the professor, but only for a short time. The professor died shortly after arrival at the hospital.

"We gave him a chance," Thompson said, adding that if any of the others present had CPR training they might have been able to save his life.

That was two years ago. And if the same incident occurred today it is much more likely that Thompson would have some help. In the past three years, nearly 300 University employees have been given training in the Basic Life Support techniques.

Basic Life Support (BLS) techniques are used when a person has ceased to breathe and his heartbeat has stopped, according to Del Weed of the Environmental Health and Safety Department who is coordinator of BLS training at UN-L.

Although heart attacks are the most common cause of this respiratory and cardiac arrest, victims of drowning, electrocution, drug overdoses, suffocation and other accidents can also be helped by BLS, he said.

BLS techniques involve three things Weed said. Participants in the program learn to help the victim by maintaining an open airway (mouth and throat) so

breathing can begin. Then, in order to maintain breathing, mouth to mouth resuscitation is taught as is maintaining circulation via external cardiac massage.

The brain should not be without oxygen for more than four minutes; otherwise nerve tissue may start to deteriorate, Weed said.

The voluntary training program at UN-L was given a boost in Dec. 1977 when Gov. J. James Exon announced a program so that one-third of all state employees would be given the opportunity to take CPR training "during working hours and at state expense."

The program is promoted by going to department heads and supervisors, Weed said. Participants in the program across the state are volunteers. The department pays the employee's fee for taking the class which is then given to the American Heart Association. It also donates the employees time given up for the class.

Classes at UN-L, Weed said, are usually given during the off seasons when it is convenient for employees to attend, such as during vacation breaks and when school slows in the summer.

Ed Craren, assistant director of the state division of emergency medical services, said the goal of the program is to train one-third of all state employees and then continue to retrain them when that goal has been reached.

The program is halfway complete, Craren said. In addition, Weed and Craren teach instructor



UN-L employees practice procedures for two man cardiopulmonary resuscitation.

training classes so that these employees can train the people in their own departments.

There are now 28 BSL instructors on the UN-L campus, Weed said.

The program is limited to state employees, Weed said. But a class will be offered for students in spring 1979 in the School of Health, Physical Education and Recreation.

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Crowds of 5,000 to 8,000 people are expected for the horseraces at the state fairgrounds this summer.

John Skold, assistant manager of the races and State Fair, said over 5,500 people attended the first day of racing July 24.

Eight to 10 races will be run each day, Monday through Saturday, until Aug. 26.

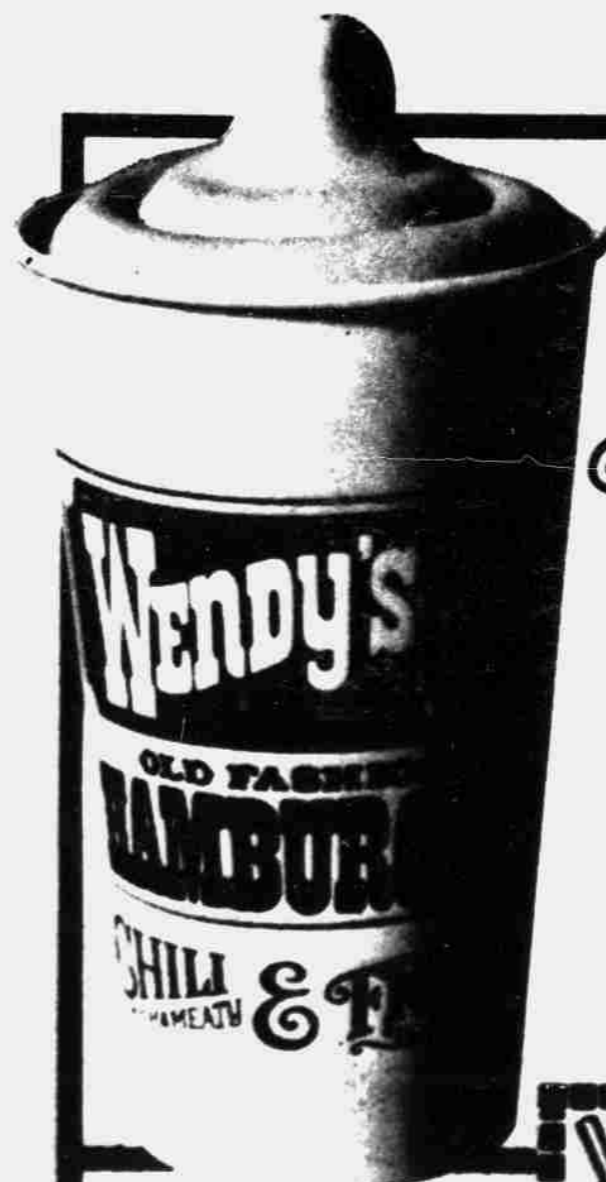
Over \$17 million is expected to be wagered during the period, Skold said. Last year \$15 million was bet at the fairgrounds.

Bets can range from \$2 to \$50, but

there is no limit to the number of tickets that can be bought for a race.

Skold said, that for each dollar taken in by the track, 85 cents is paid to the winning bettors. The remaining money goes to the horsemen for purses (five percent), the track operations and expenses (five percent), and to the state for the gambling tax (five percent).

The gambling tax dollars from other race tracks in Nebraska go into the state general fund, Skold said, but the tax monies from the fairground races will pay the principle and interest on the bonds that built the grandstand.



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