



Picture This

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Imagine this ... You are on vacation with your wife and 5-year-old son. You are in Florida visiting friends who you haven't seen in years. The children are all playing in the swimming pool. You and the couple you are visiting are poolside at the shallow end watching the kids.

Your friend's 11-year-old son wants everyone to watch as he retrieves dive sticks from the bottom of the pool. Everyone looks down the length of the pool and congratulates him when he surfaces 15 to 20 seconds later with all the sticks. Suddenly, you realize someone's voice is missing ... where's the voice of your child!

You search the pool and see him floating face down, nearly motionless. Without hesitation, you dive into the water fully clothed to rescue your son. He is conscious, but not breathing, as he looks deep into your eyes with terror on his face. Instinctively, you remember your Cardiopulmonary Resuscitation (CPR) training and begin administering the help he needs. With your child still in your arms, you perform a few abdominal thrusts that expel the water from his

lungs. He gasps and begins to cry. What a beautiful sound!

Can you imagine the terrified feeling this father went through during this ordeal? The truth of the matter is I don't have to imagine ... I lived it. I wanted to share this experience for a few different reasons. First, I realized that it only takes a few seconds for a tragedy to happen. Even with three adults — that's three sets of eyes — supervising a group of children, it still happened within 15 feet of us.

Second, I gained a new appreciation for the Air Force training I had received ... training that helped me deal with this situation ... training that saved my son's life. I hope my story impresses upon everyone the importance of knowing self-aid/buddy care and CPR training. Please take it seriously! If you haven't received this training, I recommend you take advantage of it as soon as you can. This wasn't the first time I had to use this training, but it was the first time I used it on a loved one.

Finally, I thank the Lord for letting me be there. I hate to imagine what the outcome might have been if no one had been there to help. ▶

Reprinted Courtesy of *Air Scoop*, May-June 1999

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