



### **Member Showcase – Profile of Tek Ma**

As a Program Assistant, Tek Ma has been preparing to save lives for the better part of his 15 year recreation career. Having worked in Ottawa's largest and busiest recreation complexes like Walter Baker Centre, Nepean Sportsplex and Goulbourn Recreation Complex he learned quickly that he could be called upon any time as a first responder. When the situation demanded it, he performed the role of first rescuer in incidents where the risk of death or serious injury was great:

- Seizure
- Torn ligaments
- Diabetic attacks where the victim lost consciousness
- A severe laceration where a hockey player was cut by a skate blade to the bone
- Broken arms and legs
- Suspected spinal injury in a swimming pool
- Cardiac arrest
- Asthma attacks

With each successive rescue, Tek found his confidence and proficiency growing. Certifications in Standard First Aid and Lifeguarding taught him to appreciate his role in the larger picture of emergency situations from injury prevention to First Aid/CPR to helpful bystander when EMS Paramedics took over. After each rescue his recreation team would debrief on how best to take their experience forward to improve performance individually and collectively. His rescue knowledge would eventually come to include Automated Emergency Defibrillator training when the City of Ottawa's Parks, Recreation and Culture Department made it a requirement for all front line staff.

In July 2014, Tek was watching a game in the west end when he was approached by a stranger to help. An adult male, out for an after dinner walk in the sports field at a local high school, had fallen and collapsed.

Upon finding the victim, Tek assessed his vitals and assumed the role of first rescuer. The fallen man was non-breathing without a pulse. Knowing that Ottawa's major public buildings were equipped with AEDs, Tek sent a young bystander into the high school to retrieve the defibrillator. Tek started one-rescuer CPR and initiated breaths and chest compressions. When the bystander returned, Tek coached him to maintain the victim's airway and continue compressions while he prepared the defibrillator. Once the defibrillator was in place, Tek performed one shock. He continued with one more cycle of CPR when the victim regained consciousness. The EMS paramedics arrived soon after and took over, transporting the victim to hospital.

Tek later learned that the middle-aged male victim made a successful recovery which would later include triple bypass surgery. His family reached out to Tek and invited him to a celebratory meal where the man told him, "I owe you my life." He has since moved out of town but he and Tek maintain their friendship through e-mail and phone calls.

Through his experience and training, both the City of Ottawa and this gentleman have gained a lifesaver in Tek Ma.