

## Vancouver First Aid

Kelowna First Aid - CPR is an abbreviation for Cardiopulmonary Resuscitation. This is an emergency procedure that is performed on anybody who is experiencing heart attack. The main goal of Cardiopulmonary Resuscitation is to keep a continuous flow of oxygen to the lungs and to the brain until the individual regains consciousness.

On average, the human brain is only capable of surviving approximately 5 minutes with no oxygen before permanent damage occurs. By performing CPR on a victim, the rescuer is really enhancing the chances for a complete recovery. It is very important to remember that hardly ever Cardiopulmonary Resuscitation on its own is enough for an individual to survive. The reason for Cardiopulmonary Resuscitation is to keep the heart pumping and hence the oxygen circulating until emergency care could arrive and take over the situation.

When no other type of help such as defibrillators is available, CPR is usually used. This particular kind of assistance is also initiated by medical professionals who are working on patients who have recently lost their pulse.

The International Consensus Conference on CPR and Emergency Cardiovascular Science was held last 2005. At this conference, it was established that it is no longer necessary for health experts to check for a pulse before beginning Cardiopulmonary Resuscitation. Remarkably, it is actually believed that many more victims can have potentially been saved if Cardiopulmonary Resuscitation had been initiated earlier. At present, it is at the discretion of persons as to when CPR should be started. This means that health professionals will possibly start the method a lot faster than they did before.

CPR is performed with mouth-to-mouth breathing and chest compressions. The standard is 2 deep rescue breaths after 30 chest compressions and then immediately resuming chest compressions. Cardiopulmonary Resuscitation is normally performed on people who have suffered a heart attack or who have been a victim of drowning or who have experienced a drug overdose or poisoning. Cardiopulmonary Resuscitation is also utilized on choking victims when other methods have not worked.

You can administer Cardiopulmonary Resuscitation on children and infants too. It is actually also performed on animals! On babies, the method is similar in grown-ups, except that the pressure exerted on the chest is a lot less. As well, with babies, the rescuer's mouth covers both the nose and mouth of the baby. On animals, Cardiopulmonary Resuscitation is administered by pressing down on the upper portion of the ribcage on the left side and actually blowing air not into the mouth but the nose.

Different associations have just issued a recommendation for bystanders who are not certified to administer "Hands-Only CPR" on grown-ups who collapse suddenly. While certain instances, like drowning, need conventional Cardiopulmonary Resuscitation, the hands-only CPR has proven to be roughly as helpful in situations involving sudden heart attack. Hands-Only CPR consists of CPR with just the chest compressions and without the rescue breathing portion.

Cardiopulmonary Resuscitation is a lifesaving technique that is a great idea for anyone to learn. Right training and certification can mean the difference between life and death. Even when you have taken a First Aid class of some type before, going to a refresher course is a wise idea. Additionally, if you are having anybody be around your kids or babysit regularly, it is vital to see if they have correct training and go over the techniques with them. Search on-line and check out when and where the next training courses would be offered in your community. It is normally provided regularly. A lot of individuals are given training through their workplace as part of their required work education requirements. Call your local community center, the St. John's Ambulance.