

CPR Vancouver

CPR Kelowna - There are a range of different procedures available to learn CPR or cardiopulmonary resuscitation. There are websites, books, interactive demonstrations and videos from which an individual could be trained in this life-saving method. There are a lot of people who believe the best way to be taught cardiopulmonary resuscitation is in a classroom setting where students are able to be taught CPR inside a classroom location wherein students witness real demonstrations from a teacher and participate in hands-on instruction.

People would learn a method which saves lives regardless of where they wish to learn CPR - from a video, in class or in an on line class. They will be trained in the correct methods of performing this technique, from performing rescue breathing to doing chest compressions. The main objective of this procedure is to keep air flowing through the body of a victim when they could not produce breath for themselves. This enables them to keep oxygen-rich blood flowing in the body of a person when their heart has stopped beating by itself.

Individuals would be trained in how to perform rescue breathing in cardiopulmonary resuscitation training. This is done when they place their mouth over the victim's open mouth and then blow air into their lungs. Normally, after giving 2 breaths in this way, the rescuer will then position one hand over the other and press the chest of the victim repeatedly with chest compressions. Following thirty chest compressions, the rescuer then follows up with 2 more breaths of air.

In nearly all situations, this cycle of breaths is continued until emergency medical assistance arrives on the scene, such as a doctor or ambulance. It is vital to maintain the cycle of breathing and compressions going, since the brain will not live if it experiences an extended period without oxygen.

When learning to perform CPR in a video, class or book, one should take into account one concern; when to use it and when to stop. This specific method should be done whenever anybody's heart has stopped or they have stopped breathing. This situation can happen if someone has had a cardiac arrest or experiences a stroke, has come close to drowning, has had something block their airway or has been the victim of a neck or back injury. CPR may also be necessary if someone suffers from a serious electrical shock or suffers a severe allergic reaction.

Usually, CPR classes which are offered in-person, regularly end in the individual who has just learned the technique being certified. It is usually suggested that the person takes a refresher course every couple of years, so as to have the method fresh in their mind. Though books and websites are a valuable source for learning cardiopulmonary resuscitation, the main problem with these types of instruction is that there is no body available to let the student know whether they are doing any part of the procedure incorrectly. What's more, there is often no official certification with this specific kind of learning, however, deciding to educate yourself on CPR from a book or an on line class is absolutely better than being given no instruction at all.