

## CPR Training in Vancouver

CPR Training in Kelowna - Of course First Aid and CPR are surely related topics. Several people believe that of the 2 situations, First Aid is more general. Training in First Aid often consists of practice and directions on how to respond to various types of medical emergencies which can potentially be posing a threat to an individual's survival or body. Like for example, these situations can comprise stopping breathing or cessation of heartbeat. The proper response in this type of emergency will be to perform CPR. In this incident, Cardiopulmonary Resuscitation can be considered as a type of First Aid response.

There are many differences in the amount of First Aid training that individuals could partake in. Like for instance, the programs can be broken down into emergency training and standard training. Standard training is the more extensive among the two, since it covers learning about and teaching a huge range of medical situations including: broken bones, animal or insect bites, wound care, childbirth and poisoning. Normally, the Emergency First Aid training is limited to the teaching of Cardiopulmonary Resuscitation, direction on wound care, how to deal with choking emergencies and how to take care of excessive bleeding.

People can be taught First Aid and CPR simultaneously or they can take them as separate programs. Individuals usually take an entire day of practice and at times longer to be given their certification in CPR. This can be obtained from authorized, local agencies like the Red Cross. In terms of taking classes, the main difference between First Aid and CPR is that CPR solely focuses on learning to perform cardiopulmonary resuscitation along with recognizing those times where it should be performed. Though First Aid programs also teach this, they also teach in the wider context of how individuals should respond to various kinds of illnesses or injuries.

When individuals are asked to acquire training in either First Aid or CPR or both of them, it can get a bit confusing. Several people could have First Aid training and be asked to take a CPR program. It is definitely possible to take a single course to perform this training or it might be an option to take several programs. For those individuals who need more extensive training in standard First Aid would certainly not fulfill this requirement by taking a CPR program on its own. Individuals who are confused about what training they need to accomplish must clarify with their employer or whoever is requesting the training.

CPR and First Aid are two intimately related topics and this is what people usually think. Being able to respond first in a medical situation usually means needing to know Cardiopulmonary Resuscitation, although, having other knowledge can be just as important. Some key issues covered consist of: how to stop profuse bleeding, how to set broken bones and how to deal with an episode of anaphylactic shock. These are all issues that can be vital to treat.

People can acquire training easily. There are different places in your local community which offer First Aid and CPR classes. This is training that could benefit you as well as other people for the rest of your life.