CPR and first aid training referral [1]

Dear Alice,

I want to get trained in CPR and first aid... where is the closest place I can do so?

Answer

Dear Reader,

In an emergency, having someone around who can assess the situation, call for help, and perform cardiopulmonary resuscitation (CPR) and/or first aid when necessary is often crucial. Many people worry that they might not know how to handle a situation in which someone goes into sudden cardiac arrest, but with CPR training, you?ll be in the know!

To find out where you can take a CPR class, call your local hospital or the nearest chapter of the American Red Cross [2] or the American Heart Association (AHA) [3]. Additionally, if you are affiliated with a university, your university may offer CPR and First Aid classes as well.

Just in case you can?t get to a class right away, there is another effective option for helping someone who suddenly goes into cardiac arrest. The AHA has recently developed a simplified version of CPR, called Hands-Only CPR. This version removes the mouth-to-mouth portion of the activity and instead focuses on chest compressions. Check out the AHA?s website for more information on the Hands-Only method [4], including a step-by-step demo!

Alice!

Category:
General Health [5]
Body Maintenance [6]

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