

Knowing CPR Means You Can Save Lives

Heart attack, electric shock or choking can cause a person to stop breathing or the heart to stop beating. If you know CPR (cardiopulmonary resuscitation), you may be able to keep a victim alive until medical help arrives. Experts estimate that more than 100,000 lives could be saved each year if enough people knew CPR.



CPR Training

Three out of four sudden deaths are witnessed by bystanders who don't know how to help. If you try to use what you think is CPR without being trained in it, you may do more harm than good. CPR is a complicated skill taught by certified instructors. The American Red Cross, the YMCA, the American Heart Association, local fire departments and many other private and government agencies offer CPR classes.

What You Will Learn

- ◆ how to recognize when someone needs CPR.
- ◆ how to check a victim's breathing and pulse.
- ◆ three steps for reviving the victim and how long you should continue those steps.
- ◆ special procedures for certain accidents or certain victims, such as infants, toddlers, young children, pregnant women and obese people.
- ◆ when to call for further help.

Practicing CPR

CPR classes let you practice CPR on special life-size dolls that breathe and have a heartbeat. Because there's so much to learn, classes can be spread over several sessions. Refresher courses are recommended once a year every year after your training to keep you in practice and to update you on any changes in the technique. Ask your supervisor about CPR training.