

## CPR Courses Burlington

CPR Courses Burlington - Hands only cardiopulmonary resuscitation, otherwise known as Hands Only CPR has become a really acceptable option to performing mouth-to-mouth resuscitation with chest compressions for people who are suffering from a sudden cardiac arrest. During the month of March the year 2008, studies published in the journal "Circulation," suggested that bystanders are more likely to perform the Hands Only CPR method as it eliminates the mouth breathing part.

Roughly 33 percent of all the individuals who collapse from a cardiac arrest receive cardiopulmonary resuscitation. This estimate could be due to the fact that so many people are not trained and since some bystanders are not willing to try. On the other hand, Hands Only CPR requires a lot less training and is a lot simpler method. This option is more likely to be performed by someone with minimum training.

The Hands Only CPR method concentrates on chest compressions instead of incorporating a breathing part. These chest compressions are to purely help the heartbeat. It is certainly still recommended and appropriate to get proper cardiopulmonary resuscitation training. There are some online videos available to learn the Hands Only method, that show the technique, involving giving approximately 100 chest compressions per minute. If you are on the other hand, in a real emergency where sudden cardiac arrest is suspected, a 911 operator could usually help guide you through the procedure.

Nonetheless, not all kinds of conditions recommend Hands Only CPR. Like for example, it is suggested that drowning victims be given mouth-to-mouth resuscitation and that kids receive the more traditional cardiopulmonary resuscitation. Typically, the hands only approach is the right alternative if sudden heart attack has happened. It is good to know that if you are skilled in both techniques, grown-ups are equally likely to be rescued with the regular CPR technique, but only if the rescuer is very confident and knows how to apply it properly. If you are quite not sure, regular CPR as well as Hands Only CPR is a very acceptable choice which seems to work in situations where sudden cardiac arrest has happened.

Due to the elimination of mouth-to-mouth part, the Hands Only technique can really be applied with more frequency. People seem much less uncomfortable or squeamish administering chest compressions on people they don't know. Once a heart attack happens and the heart stops beating, possibility of total brain death increases at a rate of 10% per minute. A heart that is not beating stops the flow of vital oxygen to the brain. Once the heart starts to beat again, overall chances of survival increase significantly. This life-saving training can help bring individuals back from the brink.

Once somebody collapses, it is essential to start conventional Hands Only CPR immediately. Chances of survival could be greatly reduced if much time is allowed to elapse following the incident. Organizations like for example the American Heart Association encourage people to get some kind of training completed. At the minimum, the Hands Only technique of cardiopulmonary resuscitation could still save lives with individuals when they have a sudden cardiac arrest.

There are lots of training facilities available in your local area. If you would like to complete any type of First Aid training, check on-line to find out when the next classes in your community are being provided. Even if you have taken CPR training before, participating in a refresher course is always a wise idea. Keep up to date with the training and make sure you are using the proper technique so you could help save lives if need be.