

First Aid Training Burlington

First Aid Training Burlington - The "ABC" of First Aid is a mnemonic which was designed to help individuals remember the best way to respond to an emergency condition if a person is injured. There are many other variants on the ABC of First Aid and numerous other mnemonics exist. This is probably most effective one and the most popular one for lay people to easily recall. The letters represent Airway, Breathing and Circulation, that are also referred to as the vital signs. If all of these vital signs are monitored and addressed, a patient has a much higher chance of surviving until trained help arrives on the scene.

There are some emergency services that utilize the variant of DRABC instead, in order to remind individuals to check for danger in a situation before helping anyone. The DR means Danger and Response, meaning that individuals must initially examine the patient and the environment so as to make certain that there is no source of existing physical danger. Like for instance, when there is a patient who is unconscious beside a live wire, they will need to make sure the live wire is turned off or that the patient can be moved out of the way to be able to keep both the rescuer and others on the scene safe also.

The very first thing to do when using the ABC of First Aid is to assess the patient's airway. If someone is suffering from a blockage in their throat, they would be unable to breathe. If the patient is conscious, you could ask the patient speaks to you. If they are unconscious or unresponsive, lift the chin of the patient and tilt their head back. Be sure to perform these tasks very carefully, since if there are any spinal or neck injuries, they could be accidentally aggravated with any manipulation of the head. Sweep the back of the mouth with a finger so as to check for any obstructions if you think that the person might have a compromised airway.

The next step is to check if the patient is breathing. Place your face beside the mouth of the patient. Feel and listen for any signs of breathing. If the patient is breathing, you might be able to see the breath condense on a small mirror. If the patient is not breathing, listening to the ABC of First Aid, you would be required to treat the problem before moving onto the next step. Now it is time to perform rescue breathing and cardiopulmonary resuscitation until the patient starts breathing once again.

Lastly, the patient's flow must be checked. This can be done by monitoring the patient's pulse at the throat or at the wrist. Additionally, pay close attention to the color of the patient. If they have a pallid colour or there seems to be a splotchy part it suggests that their circulation may be compromised. It is essential to keep the patient warm. By adhering to the ABC of First Aid, you can ensure that the patient's essential needs have been maintained. This will allow you to move onto more of a general treatment.

Individuals who respond to emergency situations can perform a more complete and thorough assessment of the patient if they utilize each one of the ABC First Aid steps. This will allow them to see the extent and seriousness of the injuries at hand. It is very imperative that responders are always checking the vital signs of the patient when they are working on someone. They must ensure that the person remains stable. The ABC of First Aid can at this point potentially diverge into a wide variety of options depending on the condition of the patient. If you are the first one on the scene, and you have no formal medical First Aid training just concentrate on the ABC of First Aid. If there are any obvious bleeding sights, apply strong pressure. Use your jacket or a blanket to help keep the individual warm.