

How to Resuscitate A Victim in an Emergency

Do you wish you could accomplish more things in your life? Do you wish there was more time in a day to accomplish those things? Many of us wish we could "accomplish" many things. For example, I wish I could paint the bathroom or I wish I could do better in school. Although those are important things to accomplish, learning Cardio Pulmonary Resuscitation (CPR) to benefit a person in an emergency situation can be an important accomplishment.

In order to perform CPR you must get certified and you can do this by taking a class at your local Red Cross. Being certified can be very useful especially when you are at the scene of an emergency. Instead of being the person that calls 911, you can be the one to take charge until the paramedics get there. Before you begin, you must check the scene; this means to look around and make sure it is safe to proceed so that you do not endanger the victim or yourself. If anyone is around, ask him or her what happened so you can get an idea of what type of care the victim will need. Then, immediately call 911 or if there are any bystanders ask them to call. If the victim is face down, you must carefully roll the person onto their back. After 911 has been called, open the victim's airway by tilting the victim's head back. Next you should look, listen, and feel for signs of breathing for five seconds. If there are no signs of breathing, begin CPR.

Next, to protect yourself from contact with the victim's saliva or body fluids, carry a face shield, resuscitation mask, gloves or handkerchief. The shield and mask are items that can be used over your mouth to protect you. Gloves are also used to protect yourself from body fluids and vomit. You can find a face shield, gloves, and a resuscitation mask at the Red Cross for a reasonable price. The handkerchief is can be used when cleaning a wound. These items are small enough to fit in a glove compartment of your vehicle. A handkerchief is something you can find easily and keep in your purse or pocket. At this time, use any of the above items and begin rescue breathing, which is breathing into the victim's mouth.

To avoid getting air in the victim's stomach, keep the victim's head tilted back. If air does get into the victim's stomach it may cause vomiting and complications. For example, when stomach contents get into the lungs the contents will block the victim's breathing. If the victim does vomit, roll the victim onto one side and wipe the mouth clean. If possible, be sure to wear protective gloves which can also be found at the Red Cross and use them when cleaning out the mouth to protect yourself from coming into direct contact with germs. Air in the stomach can make it harder to move parts of the body that control breathing and for the lungs to fill with air.

When giving rescue breaths, inhale first and then exhale slowly into the victim's mouth, just enough to make the chest clearly rise. Each rescue breath should last 2 seconds. Pause between breaths long enough for the air in the victim to exhale and for you to inhale again. Unfortunately, you may not always be able to make a tight enough seal over the victim's mouth. An example of not having a tight seal, is when the victim's head is not tilted back far enough. To avoid this problem, open your mouth wide enough to fit over the victim's, tilt the head back and pinch the nose correctly, and blow hard breaths into the victim's mouth. If your mouth is smaller than the victim's, you can try to make the person's smaller by pushing the chin up. Otherwise, you can exhale into the victim's nose by having the head tilted back and closing the mouth by pushing on the chin. Seal your mouth around the victim's nose and breathe into the nose. In this situation, if possible, open the victim's mouth between rescue breaths to let the air out. On the other hand, if you can make a tight seal over the victim's mouth, go ahead and give two rescue breaths. Then check if the victim has any open wounds or severe bleeding. If the victim does have an open wound, clean it with a clean cloth or sterile dressing and put pressure on any severe bleeding.

If the breaths are not going in, reposition the victim, then give rescue breaths and begin chest compressions. For compressions to be most effective, the victim should be lying on a firm, flat, and level surface on their back. To perform chest compressions, first place your hands flat on the breastbone of the victim. To find the breastbone, find the notch where the breastbone and ribs meet.

Next, slide your middle and index fingers up the edge of the rib cage. Now place your middle finger on this notch with your index finger next to it. Then place the heel of whichever hand above your middle finger. While placing your other hand directly on top of it, position yourself so that your shoulders are directly over your hands and your elbows are locked. This prevents you from tiring quickly. Interlock your fingers and compress the chest by pressing down for about a second. Then release your compression, keeping a smooth, even rhythm.

Use chest compressions and rescue breaths when a victim does not show signs of circulation. Each time a person performs chest compressions and rescue breaths that person must give the victim 15 chest compressions and two rescue breaths. When checking for signs of breathing you should not take more than ten seconds to do so because time is very valuable and you do not want to waste any time in an emergency. If there are still no signs of circulation, do four continuous cycles of CPR. Always recheck for signs of circulation at the end of the fourth cycle. If you find signs of circulation but the victim still isn't breathing, continue giving rescue breaths. However, if the victim start breathing place them in the recovery position, which is placing them on their side. This helps keep the airway open.

A person should stop giving CPR if the victim shows signs of circulation, if another trained person takes over the CPR, if the paramedics arrive and take over care of the victim, if the person resuscitating is exhausted and unable to continue, or if the scene becomes unsafe.

In conclusion, you have gained knowledge about giving CPR, now you can make an accomplishment by getting certified. Going through the class helps a person increase their knowledge on what to do when they are in an emergency situation. Being able to perform CPR and saving another human being is a wonderful feeling that you will never forget. Following these procedures correctly will give you a positive experience in saving a person's life.

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