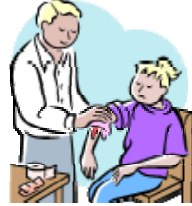


FIRST AID & CPR

Ask a number of people “What is first aid?”, and you may hear “It’s putting on a band-aid” or “It’s doing CPR” or “It’s calling ‘9-1-1!’”

All of these answers are appropriate, if we consider a general definition of **first aid**: basic medical care, usually performed by a lay person (someone other than professional medical personnel), given to someone who is ill or injured, until more advanced care arrives or the person recovers...

First aid applies to a broad range of medical situations, and is not just a set of skills. It also involves the ability to determine the best response to a specific illness or injury.



GOALS

The key aims of first aid can be summarized in these points:

- Preserve life
- Prevent further harm
- Promote recovery

KEY SKILLS

Certain skills are considered essential in providing first aid, particularly cardio-pulmonary resuscitation, or **CPR**. The “**ABCs**” of life-saving actions focus our attention on an open **airway**, adequate **breathing** and adequate **circulation**.



An **AED** or automated external defibrillator is a computerized medical device. An AED can check a person’s heart rhythm. It can recognize a rhythm that requires a shock. And it can advise the rescuer when a shock is needed. The AED uses voice prompts, lights and text messages to tell the rescuer the steps to take. AEDs are very accurate and easy to use. With a few hours of **training**, anyone can learn to operate an AED safely. You should never hesitate to call ‘**9-1-1**’ and request medical assistance when it is needed.

FIRST AID & CPR TRAINING

What’s the value of taking a first aid class? It may be the most important class you ever take! We can debate our responsibility to be “our brother’s keeper” or we may simply accept that we want to be prepared to do for another person what we hope they would do for us....

While applying a band-aid may be rather simple, first aid is like other technical or scientific disciplines: you can start with the basics, but there is always a lot more we might learn, helping to prepare us to act in as many different situations as we may encounter... no amount of training would be too much!

There are several ways to get the knowledge and skill to assist in a medical emergency. A basic first aid class is one of the best, because it affords us “hands-on” training. There are various classes to choose from – for beginners, for professionals, for those who require certification in CPR and AED use. The world would be a very safe place if everyone was trained to respond to emergencies; and, the better informed and trained we all are, the better prepared we will be to **recognize** and **respond** to an unexpected illness or injury.

Learning first aid and CPR has gotten easier, thanks to new, simpler international standards that make procedures easier to remember and perform. Now is a good time to enroll in a training course... the better prepared you are and the more often you practice these skills, the more likely you will overcome your fear of forgetting or doing the wrong thing. **Would your congregation consider hosting a training event for your members? Please contact Ronda Anderson, Parish Nurse, Bethany Lutheran Church ronda.anderson@bethanycr.org for more information.** Information about first aid and CPR classes available in your area, contact your local hospital, American Heart Association, or American Red Cross chapter; for valuable first aid guidelines, go to www.mayoclinic.com/health/FirstAidindex or www.firstaidguide.net/