



CAYMAN ISLANDS RED CROSS
 Branch of the British Red Cross
Celebrating 45 Years of Service - 2006

Are you First Aid trained....? Then this applies to you

First Aid and CPR Guidelines 2006 - Highlights of Changes for Lay Responders

The 2005 American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care and the 2005 American Red Cross/American Heart Association Guidelines for First Aid have brought about a number of changes that will impact Red Cross training programs.

The chart below provides a highlight and overview of some of those changes for the lay responder. The chart does not cover all of the changes, but is intended to provide a brief look at some of the important changes coming to Red Cross courses in August 2006:

Rescue Breaths:	Normal breath given over 1 second until chest rises
Chest Compression to Ventilation Ratio:	30:2 – Adult/Child/Infant
Chest Compression Rate:	About 100/minute – Adult/Child/Infant
Chest Compression Landmarking Method:	Simplified Approach – Center of the chest – Adult/Child Just below the nipple line at the center of the chest – Infant
AED:	1 shock, then 2 minutes (or 5 cycles) of CPR
Bleeding:	Direct pressure only
Anaphylaxis:	Assist person with use of prescribed auto injector
Asthma:	Assist person with use of prescribed inhaler

This bulletin highlights the need for timely Recertification of those who are CPR trained. Additional information on First Aid and CPR courses in the Cayman Islands, for Businesses and for Individuals, can be obtained from Peter Hughes, Training Manager Cayman Islands Red Cross at 345-925 0715 or rxtraining@candw.ky.

**Don't Delay-Now is the time
 to become trained in First Aid and CPR
 in the Cayman Islands**