

*Your cellphone rings and you pick it up. It's your sister. She's crying. In between sobs, she manages to stutter, "Mother..... stopped breathing." You rush home, just in time to see an ambulance driving out of the car park with its lights flashing and sirens blaring.*

*Your sister assures you that the paramedics are trying their best to revive your mother. One question left unasked is,*

# "Was CPR PERFORMED on your mother before the arrival of the AMBULANCE?"

Is it important for CPR to be performed before the ambulance arrived? How about this, BRAIN DEATH TAKES 4 – 6 MINUTES.

It is absolutely CRITICAL for CPR to be started before this period.

It takes an average of about 10 minutes for the ambulance to get to you, excluding calling time. So if you are depending on the paramedics to help, it would probably be too late by the time they arrive.

The problem is most people will do just that. They make the fatal decision to wait for the paramedics instead of doing CPR. Statistics show that only 1 in 5 victims who suffers a cardiac arrest in and out of hospital setting receive CPR. The results? Out of 100 people who suffer a cardiac arrest, less than 3 will survive.

Tens of thousands of people are trained in CPR each year in Singapore, but why is it that so few people step up to help? FEAR. It could be the fear of stepping forward, fear of doing wrongly, fear of causing more harm but whatever it is, fear can cause a person to freeze into inaction.

Traditional first aid and CPR courses teach you what to do, unfortunately they don't train you how to overcome fears that can paralyse you into inaction even when it comes to helping a loved one.

We don't need more first aiders, we need action-taking first aiders who can perform "Real First Aid for the Real World". That is why the pulse of the Singapore First Aid Training Centre comes from our mission,

"To empower people to effectively and confidently apply first aid through an interactive and participative learning experience"

Because learning is a dynamic process, the signature high involvement and interactive training methodology adapted by SFATC has enhanced learning and confidence building tremendously.

The other difference between a first aider who gets frozen in fear and another who is able to step up and help, is the ability to "ACT IN SPITE OF FEAR". Everyone has fears, the question is will you act? There is probably only one program in the world that helps first aiders and common laypeople achieve this – My True Hero®. This program



was designed to help people understand their fears, discover techniques to deal with them and then practise over and over again until it becomes a natural instinct.

Anyone can make a difference, the true question is have you done all you can to get ready for a first aid situation? One saying goes, "The best gift you can give your loved one is to learn how to save their life." Your first aid hero could very well be the person you see in the mirror.

Written by  
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#### CPR PROCEDURE:

1. Tap the victim's shoulders and call out loudly, "Hello are you ok?"
2. If there is no response, shout to nearby bystanders "Help! Call for ambulance 995!"
3. Tilt the victim's head back and check for breathing. Bring your ear close to the victim's face. Then look at the chest for movements, listen for breathing sounds and feel for the air against your cheek.

4. If you do not detect breathing, keep the head tilted back, pinch the victim's nose and deliver 2 breaths. Observe for chest rise as you deliver each breath.

Interlace your hands and place them on the mid-bone in the centre of the victim's chest in between the nipples. Deliver 30 compressions 4cm to 5 cm deep. Push hard and fast.

5. After 30 compressions, give 2 breaths the same way you as did earlier. Continue giving 30 compressions and 2 breaths until the ambulance arrives or the victim resumes breathing.



#### ABOUT THE AUTHOR,

Mr Saufee has over 13 years of experience in first aid and CPR training and 10 years serving as a paramedic with the SCDF emergency ambulance service. As one of only 2 Regional Faculties for the American Heart Association in Singapore, Mr Saufee has trained thousands of healthcare and non-healthcare participants from all around the world both in Singapore and abroad.



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