

New CPR Changes

It is now a requirement for all Certified Members to have First Responder certification. Candidate members must have up to date First Aid certification. Since October 2010 there have been changes to CPR. Over the next few months the Canadian Red Cross and St. John Ambulance and other CPR/First Aid/First Responder course providers will be updating their teaching materials to reflect these changes. The changes are primarily to CPR, but this can have an effect on how you provide overall First Aid/First Response.

The course changes are being rolled out as teachers become updated. You can still use the CPR process as you learned it prior to October 2010, but if you are in an emergency situation with someone more recently trained you may notice they are doing a more streamlined approach. In short, the emphasis is on Circulation and chest compressions over checking Air Way and Breathing. In the past you were taught to check the ABC's first in that order: Airway, Breathing, Circulation (or pulse). Now the process is to check Circulation and begin chest compressions immediately before checking the Airway and Breathing (CAB). Research has found this is more effective and can save lives by eliminating steps that can delay compressions to sustain blood flow and oxygen.

For more information, please contact your First Aid/CPR/First Responder provider.