

## Why Is Knowing How To Perform Cpr Important?

CPR is a crucial lifesaving skill. It is never too early to know when you may require it to save someone's life.

Everyday, thousands of people die due to drowning, cardiac arrest smoke inhalation and many more causes due to family members, friends and others who don't know how to deal with an emergency effectively.

The chances of survival for the victim decrease rapidly within the short amount of time it takes for emergency services to arrive on the scene. Most times, it's too late. This is the reason bystander CPR is crucial.

What's the reason to take action Why Take Action? The Facts

Just 22% of people feel confident performing CPR for someone they do not know. This has resulted in many deaths that could have been prevented in the event that bystanders responded better to the situation.

35% believe that CPR could exacerbate the situation of the patient. You're effectively providing CPR to someone who is suffering with cardiac arrest. This is due to you performing CPR on the lungs and heart of the patient and pumping blood around their body. If you are looking to discover more details about cpr training, you have to navigate to <https://www.bramptonfirstaidecpr.com/> website.

CPR involves a combination of chest compressions in order to keep the circulation going and rescue breaths that will inflate the lung. Even if you're not trained in CPR using rescue breathing, you could still help the victim by doing only hands for CPR. CPR is not advised as the patient may suffer bruises or injuries due to the procedure.

People may hesitate to respond to emergencies if they don't know how conduct CPR. This is due to the fact that they fear making matters worse. The study found that 57% of people who witnessed an emergency did not know the way CPR operates. That means that those who suffered wouldn't receive the necessary treatment to restore blood flow and circulatory health to the vital organs of their bodies.

Following an incident, it takes around eight minutes for emergency services to arrive at the scene. For every minute that goes through when a victim of SCA isn't treated, it is thought that their chance of survival decreases by 10%. Sadly, in most cases, this could be too late to assist a victim of sudden cardiac arrest. But, knowing how to do CPR effectively could be the difference in saving a life.

Bystander CPR boosts survival rates

Bystander [CPR](#) can be very effective in doubling or triple the chance of survival of those suffering who suffer a sudden cardiac arrest. But only 32% of cardiac arrest victims receive CPR due to the fact that they aren't conscious of the best ways to assist.

A patient experiencing sudden cardiac arrest needs efficient CPR and defibrillation. Because the chances of survival decrease by approximately 10% for each minute without bystander CPR, until they are defibrillated. It is therefore vital to ensure that bystanders practice CPR as quickly as they can because their survival depends on those nearby in the time it takes for the emergency assistance to arrive.

### Save A Life

There is no way to know when you might find yourself in the situation that you have to save the life of a person. CPR is a simple ability to master, and it can be taught in only a few hours. When you master this skill in this time frame, you'll be equipped to save someone's life.

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