

SAVING LIVES ...THE RIGHT WAY



JAMAICA IS A PARADISE KNOWN FOR ITS BEAUTIFUL PEOPLE, SAND, SEA, SUN & FUN

BUT THAT IMAGE CAN BE
TARNISHED IN A MOMENT



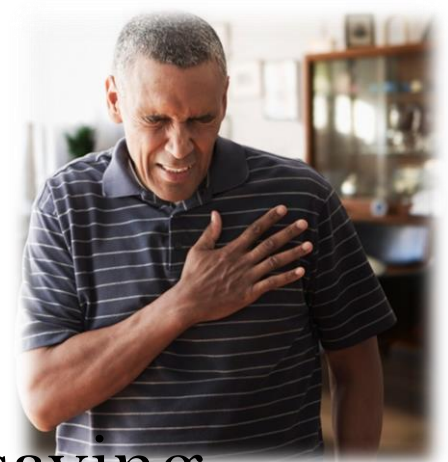
**FAILURE TO RESPOND
APPROPRIATELY IF SOMEONE
COLLAPSES OR IS INVOLVED IN
AN ACCIDENT COULD CAUSE
JAMAICA TO BE LABELED AS
UNSAFE FOR TOURISTS &
VISITORS**



**EVERY JAMAICAN
SHOULD LEARN
CPR AND FIRST AID!**



WHAT IS CPR?



- **CPR** stands for cardiopulmonary resuscitation. It is an emergency lifesaving procedure that is done when someone's breathing or heartbeat has stopped or there are no signs of life.
- This may happen after an electric shock, heart attack, or drowning.
- **CPR** combines rescue breathing and chest compressions.



WHAT IS FIRST AID?

- **FIRST AID** is emergency care or treatment given to an ill or injured person before regular medical aid can be obtained



EVERY JAMAICAN SHOULD LEARN CPR AND FIRST AID! BUT WHY?

- By performing simple procedures and following certain guidelines, it may be possible to save lives by giving basic treatment until professional medical help arrives.
- CPR and first aid can make the difference between complete recovery and permanent disability.
- CPR and first aid can help you save a life!



EVERY JAMAICAN SHOULD LEARN CPR AND FIRST AID! BUT WHY?

Think for a moment...

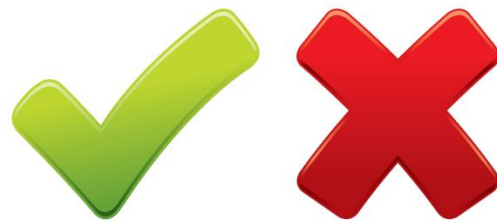
If one of your guests collapsed at your hotel or villa would you or your staff know what to do?

Imagine that a member of your team administers CPR or first aid and are able to save that person's life?

Suppose that life is your very own?



IS THERE A RIGHT WAY AND A WRONG WAY TO PERFORM CPR & FIRST AID?



IF YOU ANSWERED “YES” THEN YOU’RE CORRECT!

- The right way to do CPR and First Aid has been established by **ILCOR** guidelines.
- **ILCOR** stands for International Liaison Committee on Resuscitation.
- **ILCOR** conducts systematic reviews and updates of scientific evidence supporting ECC treatment recommendations.



ILCOR EXPLAINED

- ILCOR was formed in 1992 to provide a forum for liaison between principal resuscitation organizations worldwide.
- At present, ILCOR comprises representatives of:
 - The American Heart Association (AHA),
 - The European Resuscitation Council (ERC),
 - The Heart and Stroke Foundation of Canada (HSFC),
 - The Australian and New Zealand Committee on Resuscitation
 - The Resuscitation Councils of Southern Africa (RCSA)
 - The Inter American Heart Foundation (IAHF).



STANDARDS MATTER IN JAMAICA

- CPR and First Aid should only be taught by organizations that meet **ILCOR** standards.
- Teaching material and method of instruction should measure up to **ILCOR** best practices.



STANDARDS MATTER IN JAMAICA

- In Jamaica the **NATIONAL RESUSCITATION COUNCIL OF JAMAICA (NRC)** maintains a registry of organizations and individuals that have met **ILCOR** standards



**LACK OF PROPER TRAINING IN
KEEPING WITH ILCOR
GUIDELINES SIGNIFICANTLY
REDUCES THE CHANCES OF A
POSITIVE OUTCOME**



WHAT TO ASK BEFORE USING A LOCAL OR FOREIGN BASED CPR OR FIRST AID INSTRUCTOR

*Have you been registered
with the NRC?*



WHAT TO ASK BEFORE USING A LOCAL OR FOREIGN BASED CPR OR FIRST AID INSTRUCTOR

REGISTERED INDIVIDUALS & ORGANIZATIONS SHOULD BE HOLDERS OF A NRC REGISTRATION CARD



The image shows a registration card from the National Resuscitation Council of Jamaica. At the top, there is a logo with a heart and an ECG line, with the text 'NATIONAL RESUSCITATION COUNCIL OF JAMAICA'. Below the logo, it says 'REGISTERED INSTRUCTOR'. The cardholder's name is 'Georgette Smith-Bennett' and the registration number is '2012018'. A paragraph of text states: 'This card certifies that the above individual is registered to provided Emergency Cardiac Care training in Jamaica subject to the guidelines of the relevant certifying agency. Current instructor certification must be provided along with this card.' The issue date is '01-NOV-14' and the expiration date is '02-NOV-16'. At the bottom left, there is a signature of the Chairman, 'E. Chung', and the text 'Chairman, National Resuscitation Council of Jamaica'. At the bottom right, there is a line for the 'Card Holder's Signature'.

NATIONAL RESUSCITATION COUNCIL OF JAMAICA

REGISTERED INSTRUCTOR

NAME: Georgette Smith-Bennett **REG. NO:** 2012018

This card certifies that the above individual is registered to provided Emergency Cardiac Care training in Jamaica subject to the guidelines of the relevant certifying agency. Current instructor certification must be provided along with this card.

Issue Date: 01-NOV-14 **Expiration Date:** 02-NOV-16

E. Chung
Chairman,
National Resuscitation Council of Jamaica

Card Holder's Signature





*For further information and a comprehensive list
of registered organizations and instructors*

contact:

Joseph Burnett

NRC Secretariat

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Tel: (876) 906-9478 | Fax: (876) 754-6441

E-mail: nrc@heartfoundationja.org

