

# What is with the NEW ARC Safety Classes : Part-1

Submitted by George Young 03/09/2016

More and more the large organizations are teaming up and jointly updating first aid guidelines. The giants American Red Cross (ARC) and the American Heart Association (AHA) join together with a common goal, "To enhance and reaffirm that together they can help save more lives from illness to injuries." The more I review the process, the more I understand just how many nation and international organizations have joined forces with the big two to develop the new guidelines. 14 national and international organizations join in. 10 years ago that would of not of happen and it is great to see organizations working together for such an important common cause.

The new ARC CPR, First Aid and AED training integrates the latest science to create an evidence base of theories to develop the changes in the new training verses the old training. This part I have prepared will review heart attacks. Through my eyes, not a scientist and not a Doctor just an American Red Cross Licensed-Training Provider with more than 30 years experience teaching and in the field as an active Lifeguard I will review the new training.

If someone is suspected of having a heart attack, the first aid provider should provide aspirin to the victim. Two 81 mg. or one 325 mg. tablets is recommended. Also the tablets should be chewed and swallowed. In my eyes where it gets a little difficult is for the first aid provider to purely understand and know the symptoms of a heart attack. Generally, signs of a heart attack are chest pains accompanied by nausea, sweating and pain in the arms and back. The new training also points out if a first aid provider is unclear on whether, "this is a heart attack" then aspirin should not be given. OK... At the moment call for the first aid provider. In the field, I always approached first aid as treat for the worse. But now I will treat accordingly to If I suspect a heart attack or I do not suspect a heart attack.

After you are trained in this procedure, you should make sure your first aid kit has aspirin in it.

**Disclaimer:** This brief unedited article is not intended to be an ARC class, but merely provides insight on where the first aid training has gone. One must not adjust the standards under which one were trained based on this information. Lifeguards, medical aid providers and trained professionals should always follow the standards set by the organizations provider their training, their employee and their local emergency medical service authority.