



A

Report

Of

Accidental First Response and CPR Training

by

YI and EMRI

On

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At

Gyanmanjari Innovative University,

Sidsar Road, Bhavnagar.

General Information

Gyanmanjari Innovative University organized a workshop guider by **Young Indians** and **EMRI (Emergency Management and Research Institute)** regarding **accidental first response** and **CPR training**. These programs play a crucial role in equipping individuals with life-saving skills.

Accidental First Response:

- Accidents can happen anytime, anywhere. Being prepared to respond promptly can make a significant difference.
- **First responders** are trained to provide immediate assistance in emergencies, including accidents, falls, and other critical situations.
- Key aspects of accidental first response include:
 - **Assessing the situation:** Determining the severity of injuries and ensuring safety for both the victim and the responder.
 - **Basic life support:** Administering CPR (cardiopulmonary resuscitation) if needed.
 - **Controlling bleeding:** Applying pressure to wounds to prevent excessive bleeding.
 - **Stabilizing fractures:** Providing support to injured limbs.
 - **Calling for professional help:** Activating emergency services promptly.

CPR Training:

- **Cardiopulmonary resuscitation (CPR)** is a vital skill that can save lives during cardiac emergencies.
- CPR involves chest compressions and rescue breaths to maintain blood circulation and oxygen supply.

- Training covers techniques such as:
 - **Hands-only CPR:** Focusing on chest compressions without mouth-to-mouth breathing.
 - **Full CPR:** Combining chest compressions with rescue breaths.
- Participants learnt how to recognize signs of cardiac arrest, perform CPR correctly.

Event Snaps

Approximately 85 participants attended this workshop.







