

## **First aid drowning**

Drowning is the lack of oxygen because the body is submerged in water. One statistic that about four fifths of drowning cases in which lung water and fifth left lung drowning but no water. The sink in water but not stuffy provincial time saved is called a near drowning.

The reason for that condition in the lungs of drowning without water is not due to an unexpected swim under water, causing the victim to panic disorder to reflect the body was submerged, reflex muscle contraction epiglottis airways and closed again as the victim is not breathing hypoxic brain and lead to unconsciousness. Epiglottis is closed due to water entering the lungs is not. It is also called dry drowning.

Emergency drowning victims:

- When you see a panicky hurry on the water for them anything that can help them cling and float up. If only one and two hands, if not an emergency personnel are experienced swim out and rescue personnel is very risky even a good swimmer because of extreme panic, victims often tend to struggle, cling very tightly making it difficult for the emergency and the risk of drowning is always both. Should throw the victim a float before the victim clinging to, then the victim clinging to the savor.
- After bringing the victim to shore, quickly call the emergency number 115 and carry out artificial respiration by means of mouth through the mouth because it is the most effective method. The human brain will be damaged or killed if the victim stops breathing for 4-6 minutes.

With drowning, first aid in place and proper technique is the most important factors, determining the survival and potentially cerebral sequelae of victims.

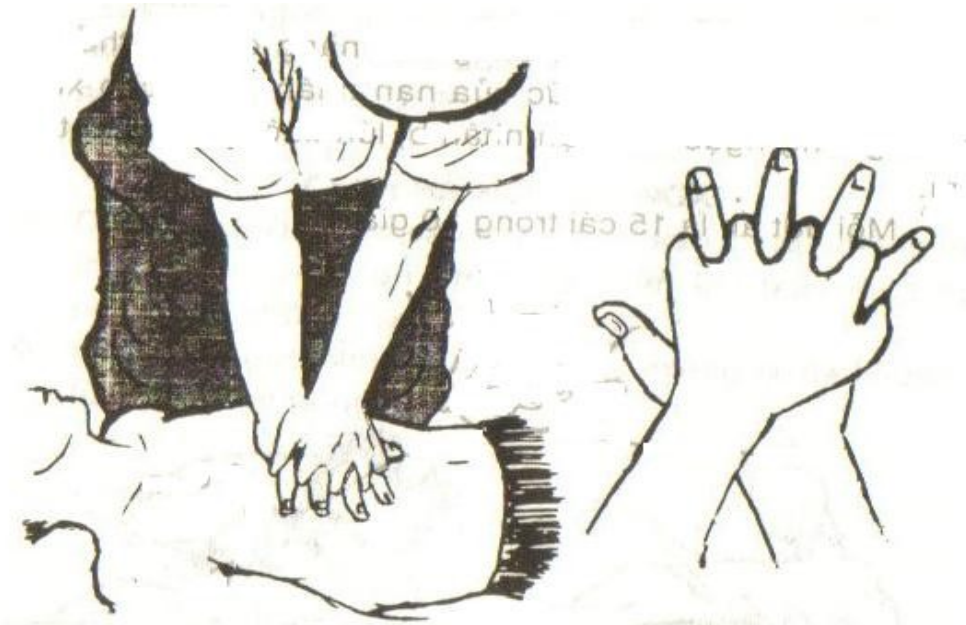


- If the victim has stopped breathing, cardiac arrest, then quickly head upside victim to exit the water in the airways of all and then put the victim on a hard surface, the victim back to back neck, pick out salivation, strange objects in the mouth victim, a victim of your hand on the forehead, nose victims by using finger and thumb, then take a deep breath, pressure in the mouth rescue two victims blowing full steam; to chest order to collapse and the second blowing. Implementation until the victim is breathing or ambulance to come. If victims of cardiac arrest cardiac massage should be carried out parallel to the chest CPR.
- Set the victims lies in a dry, ventilated area. If unconscious, check for breathing by observing no movement of the chest. If the chest is not portable breathing has stopped; mouth rescue breathing slowly through the mouth 2. If not then to regain her breath or cyanosis and coma also is seen as the heart has stopped beating, should affix the heart from the thorax immediately. Press into the bottom half of the sternum following manner:
- Take two thumb (for children under 1 year) set in the middle and below the nipple line connecting the two fingers a definitive (and some with a finger width).



Place the victim lying

- Use a hand (for children aged 1-8 years) or 2 hands superimposed (for children over 8 years old and adults) press on the upper tip of the finger decisively memory 2.



- Coordinate the publication heart and breathing rate 5/1 (for children) or 15/2 (for adults). Noting that was to continue the implementation of this emergency action on the transfer of victims to medical facilities, until spontaneous breathing was certainly dead or. - The granting of this study, may take hours or longer. If the chest is also portable breath itself, be located in safe position, lying on the side to vomit, if vomiting is easy to escape and no reflux into the lungs, causing pneumonia .

Note:

- Do not try to find ways for water to flow in the lungs of all victims cheer spread by water (carrying the victim ran around the water run out) as this will miss a golden time for doing cardiopulmonary resuscitation that just four minute delay is at risk for brain dead! During cardiopulmonary resuscitation, fluid in the lungs will automatically exit. If river water, lake water will be absorbed into the systemic circulation rapidly by leaching (river water concentrations of blood thinner).

- When carrying out chest cardiac massage, attention should be not too aggressive because of possible rib fracture victims.

Watch out for:

- Do not jump into water without knowing where shallow or deep, can escape when in danger or not.

- When to go swimming with people and swimmers should bring a swim and float the boat away.
- No food and no water before drinking.
- Only swim in the pool safety and rescue personnel supervision.
- Children swimming must be supervised by an adult and not be constantly looking away to do other things like reading, chatting chat, play cards ...
- At home with small children should not be the best for the water jars, barrels of water, if required (such as fresh water storage area to be used) should cover tightly so children are not open.
- The swimming pool should be well-fenced around and locked the door open so children will not be there when the alarm system in children.
- Should your child swimming soon (over 4 years).

Summary: drowning is the most common accident is a country with many rivers and coastline as in our country. But accidents can prevent easy if we know about it and a person's life sometimes depends on the first few fleeting minutes of initial resuscitation.