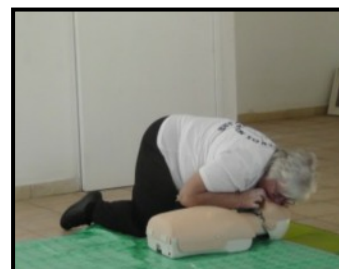


On the 31st January the Larnaca U3A members welcomed Amanda Georghiou, registered First Aid instructor, who demonstrated the fundamental basic care to be given to adults who are suffering from a variety of medical difficulties, ranging from the extreme cases of unconscious non-breathing victims to simple fainting spells. She dispelled customary wisdom of what to do when someone is having seizures (stick something in the mouth), or faints (head between legs), and instead replaced the old wives tales with sound medical advice of what we should do in an emergency.

The group first learned how to administer CPR on a non-breathing individual, and several very brave souls agreed to give it a try. They were told to give alternating chest compressions and rescue breaths to a victim. Hard work on the arms for the rescuers and while the victim did not recover, it was only because it was made of hard plastic.



Amanda also answered questions about the immediate care for someone suffering a heart attack (aspirin and ambulance), seizure (no restraint, nothing in mouth) or fainting (raise the legs). The obvious signs of a stroke (face, arms, speech) were also discussed and the need for medical attention made clear. Finally, Amanda demonstrated the action to be taken when a person is choking, either through sharp blows to the side of the back, or ultimately abdominal thrusts.

The U3A members found the session extremely interesting. It underlined the need for all of us to be better informed as to how to react in an emergency, for the faster aid is given the more lives are saved.

