



How to Learn Lifesaving Techniques

Three Methods: [Take a Course](#) [Set Up Emergency Information Resources](#) [Go Online](#)

Do you know what to do if you see someone suffering a heart attack? If you see someone drowning? If you see someone bleeding heavily? People can get injured or be in peril at home, in school, on the road, at work or while on vacation. The steps below tell you where you can learn basic lifesaving techniques. Having the confidence and training in emergency situations can mean the difference between life and death.

Method
1

Take a Course

1 Contact the American Red Cross. This venerable organization offers courses in lifesaving techniques; both for individuals and organizations.^[1]The Red Cross also offers certification for emergency care, including the following:

- First Aid and CPR
- Blood borne Pathogens training
- Emergency medical response
- Sports safety
- Water safety

2 Get lifeguard certification. The comprehensive course offered by the American Lifeguard Association (ALA)^[2] is beneficial to everyone, not just professional lifeguards. Getting certified training in water lifesaving skills is a good idea, especially if you own a pool or a water spa; people, particularly infants and toddlers, can drown in a very small amount of water, even in a bathtub.

3 Visit your local YMCA. There are YMCA's (Young Men's Christian Association) all over the world and many of them offer basic lifesaving courses. Visit their website to find a YMCA near you.^[3]

4 Talk to your local librarian. Many libraries offer free safety courses, and if they don't, they can direct you to local organizations that provide certified lifesaving instruction.

5 Contact your local university. Universities and community colleges with swimming pools often offer Red Cross lifeguard training, and your local institute of higher learning may offer additional courses or seminars in lifesaving techniques. Find a university near you.^[4]

Method
2

Set Up Emergency Information Resources

1 Program the emergency poison control number into your phone. The national hotline number is 1-800-222-1222 and can be called from anywhere in the United States. You should call if you have any questions about poisoning or poison prevention. It does NOT need to be an emergency. You can call for any reason, and someone will answer your questions 24 hours a day, 7 days a week.^[5]

Method
3

Go Online

1 Browse the Internet for videos about lifesaving techniques. This is a good alternative if you don't have the time, (or in some cases, the money) to take a full lifesaving course. At the very least, you will gain some familiarity and knowledge about how to deal with common emergency situations. Check out the following links for some of the most critical emergency and medical lifesaving measures:

- Cardio Pulmonary Resuscitation (CPR)^[6]
- Concussions^[7]
- The Heimlich maneuver (to stop someone from choking) ^[8]
- First-Aid for bleeding^[9]
- Treatment for victims of shock^[10]

Tips

- Learn safety prevention. Many injuries are caused by poor safety practices. Visit the homepage of the United States Consumer Product Safety Commission (CPSC)^[11] to get information about product safety and accident prevention.

Warnings

- Research any safety or lifesaving course you plan on taking—make sure the course is taught by certified professionals.

Sources and Citations

1. <http://www.redcross.org/>
2. <http://www.americanlifeguard.com/>
3. <http://www.ymca.net/about-us/>

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