

What is with the new ARC Safety classes Part 2

submitted by George Young 03/26/2016

Well, many years ago, the use of a tourniquet for intense bleeding was eliminated from all ARC standard 1st aid class. Now 2016 it is back. There is just a little over a two minute demo on the in and outs of applying a tourniquet with no skill practice opportunities. The ARC does recommend a manufactured bought tourniquet to be used. The cost will be \$2.50-\$11.00 each to purchase manufactured tourniquet from first aid vendors. The only bit of info disclosed on the tourniquet being reinstated is that it is very effective on slowing and/or stopping intense bleeding. Intense bleeding is very life threatening and one may bleed to death in moments.

Splinting is gone and not taught any more. It is stated that if one has to be transported them the advance personal provider may wish to splint. For me as an ARC instructor I always enjoyed teaching splinting and now it is gone from the class :(I understand splinting being eliminated, but sad on not being able to teach splinting skills in my classes. It was fun to teach splinting to students.

Two other topics that has changed from the old class to the new class is diabetic emergencies and exertional dehydration procedures. For diabetics emergencies, a victim should be given oral glucose tablets 15-20 grams as the first means of treatment. Glucose tablets are easily stored and bought over the counter @ most local drug stores. For exertional dehydration the ARC recommends giving the victim fluid if conscious and this is the order of recommended drinks: 1. sport drinks with electrolytes. 2. coconut water. 3. milk. 4. portable water.

Well, just a little preview of the new ARC safety classes. The odd thing for me is that as both an ARC Instructor in Standard first aid and lifeguarding I can teach the new skills in the standard first aid class BUT cannot teach the new skills in the lifeguarding class as of yet. I am not too happy about that but must follow the instructions and guidelines set forth by the ARC.

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.