

shows any signs of life, such as a gasp for breath or the heart starting to beat again, the less likely s/he to recover. If there are no signs of life within 30 minutes of starting resuscitation you should stop the procedure because the chances of the comrade recovering are almost zero. With a child or baby however it is worth continuing for longer, up to an hour, because children withstand the stress of cardiac arrest better than adults. If the comrade does show signs of life then you must continue for thirty minutes after that and work hard to try to save him/her.

With artificial breathing and cardiac massage it is possible to save comrade's lives, so it is always worth trying to resuscitate someone. Some comrades will die, it is true, but you will be able to save some. Therefore learn the technique well by practicing often so that you can go into action as quickly as possible.

Summary of cardiac massage

1. Try and wake the comrade up.
2. Get help — two or three other comrades.
3. Check the pulse and the breathing
From now on move fast.
4. Put the comrade flat on his/her back on a firm surface.
5. Kneel at the side of the comrade, put both your hands on the middle of the chest and, keeping your arms straight, press down sharply, hold compressed for a split-second and then release.
6. Do 70 compressions per minute.
7. Stop the cardiac massage only (i) to check the pulse, (ii) to allow artificial breathing to be done if this is difficult during cardiac massage. If it is not then continue doing both at the same time.
8. Cardiac massage and artificial breathing are hard work — take a break by letting someone else take over when you get tired.

NEXT ISSUE: Wounds, bleeding, and shock.



ADVANCE

Fast! Fast! Faster!

Molefe, Radebe, Ndlovu, Naidoo, Smith.

Pick up those spears!

Pick them up!

Come now, come! Stab fast, faster!

Continue, yes, continue! exactly, stab.

Continuously.

Don't stop! until we have completely

Eradicated this brutal monster,

Massive as it is, it's also mortal

Always bear that in mind!

This is one of those occasions

When these spears should be picked up

With greater haste.

Oh! What a loss!

What a loss!

But Botha, don't make a mistake!

These tears being shed now

Are definitely and surely

Not tears of sorrow,

They are hot tears of anger.

The people are fuming with anger.

Whow! Uyadela Botha,

Uzwe ngobani ukuthi UMKHONTO

Would let you get away with this?

Dedicated to comrades Cassius and Paul.

—Beauty Khuzwayo