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Fasting can save your life pdf

We've featured plenty of survival and MacGyver tips over the years that can help with fixes, but what if you're next to someone who has an emergency? Don't just stand there as a person chokes or faints! Learn what to do in these life or death situations. Before we begin, the first thing you should do is call emergency assistance (or if someone else is nearby, make sure you call 911). Then, while you wait, see what you can do to help that person. Also, to make your safety a priority. As stewardesses point out before take-off, when the oxygen mask drops, you must first protect yours — otherwise you are not using anyone else. Last weekend's Southwest Airlines incident has everyone talking and wondering about the flight... Read moreThings in mind, you don't need to be an emergency medical technician or other health pro to possibly save someone's life one day. Here are some things to know. How to perform CPRWhen you think life-saving skills, the first thing that probably comes to mind is CPR, a technique that can make a difference for someone who has collapsed and is in cardiac arrest. It is always best to take part in classes, so you know the right procedures and practice them before, but even without official training, you can save lives if no one else has more experience in CPR. Just watching a one-minute CPR instructional video can make you a better lifeguard. G/O Media can get a CommissionCubii Pro Under-Desk EllipticalHands-only CPR can be done for anyone (except newborns) whose heart has stopped beating, according to the American Heart Association/Mayo Clinic. With this technique, also known as CPR-only compression, you press about 2 inches deep on your chest at a rate of about 100 times per minute until paramedics arrive and skip part of your breath. According to one medical review expert, singing the Song BeeGees Stayin' Alive will help you keep up the pace. (Queen's Another One Bites the Dust is another alternative, but it's probably not suitable in this situation.) What to do if someone may be about a heart attack With one in seven deaths happening in the US due to heart disease, it is important to know the common symptoms of heart attacks and what can be done to help the person going through it. Sometimes the symptoms are obviously cardiac arrest (which would require CPR, above), and other times they are not as dramatic and may just seem heartburn. After calling for help, if a person is over the age of 16 and confirms that he is not allergic to aspirin and does not take any medications that could interact with him- they offer an aspirin tablet, which the Mayo Clinic says can reduce heart damage. We can't know for sure exactly how we're going to die, some ways will be more common than ... Read moreHow to help Who is chokingin restaurant everywhere, you will see posters illustrating how to do a Heimlich maneuver when a person's airway is blocked by food or another object. Chances are these posters are not at home or on the street as they go about their daily lives, so this first aid technique, shown in the video above, is useful to remember for any environment. Note: before performing a belly push, give five blows to the back of a person with a heel of his hand. The Red Cross has updated its first aid guidelines for conscious choking victims. Right now... Read moreThere are various techniques for children and infants, whose small trachea and propensity to swallow random objects put the fear of choking on every parent. How to save someone who tonieDrowning is one of the most common causes of accidental death, especially among children. If you are not a qualified swimmer who knows how to swim with a possibly flailing person, the main thing is that swimming to a person should be a last resort. Family Doctor offers this mnemonic: Reach, throw, row, go Reach: Reach: If a person is near the edge of a pool or dock, lie flat on the ground and try to reach the person. Use a tree branch, paddle, towel or shepherd's hook to extend the range. If you need to, get into the water and stick to the edge of the pool or dock while trying to reach the personThrow: Throw the safety ring if availableRow: Get the boat (again if available)Go: Go as a last resort. Bring a rescue safety ring, towel or shirt so you can tow a person. How to treat bleedingExisting there are different types of bleeding, from fine scraping to the most dangerous type, arterial bleeding. In both cases, your goal is to stop bleeding as soon as possible. According to the Mayo Clinic, after washing your hands and putting on your gloves (if available; a clean plastic bag is enough), you should:Lie down and cover it with a blanket. Raise the bleeding site. Remove any visible dirt or debris from the wound, but leave large or deep-seated objects. Apply continuous pressure with a clean cloth or bandage for at least 20 minutes without looking at whether the bleeding has stopped. Add more gauze if you need it. If the bleeding does not stop, put pressure on the artery: The points of pressure of the arm are located on the inner side of the arm just above the elbow and just below the armpit. The pressure points of the leg are just behind the knee and in the groin. Squeeze the main artery in these areas against the bone. Keep your fingers flat. With the other hand, continue to put pressure on the wound itself. Leave the bandages in place and immobilize the injured part of the body after stopping the bleeding. How to treat BurnLarge or severe burns should be treated by a doctor, but Dr Matthew Hoffman offers this advice on WebMD for you can take:Immediately after scalding, run cold tap water on the skin for 10 minutes. Then cool the skin with a damp compress. I do not put ice, butter or anything else directly on the burnt skin. Gently cleanse the skin with mild soap and tap water. Take paracetamol (Tylenol) or ibuprofen (Motrin, Advil) for pain. Simple burns covering only the surface of the skin do not need dressings. However, the BBC recommends running cold water for at least 20 minutes as this can help up to three hours and also advises removing clothing and jewellery. (This butter cure really is a myth, by the way. Apparently, people put yogurt, tomato paste, raw egg whites, chopped potatoes and even cooking oil on the burn. Butter can be useful if you have hot tar on your skin, but otherwise save these other items for meals.) How to deliver a baby in the car (or anywhere else)Fear of every pregnant woman and her partner: Having to deliver the baby without help. This may not be a priority life skills for you if you don't often find yourself in the company of a pregnant woman, but one of the things about survival skills is you never know when you'll need them. So, take the advice from the Worst-Case Scenario Survival Manual, which says that infants basically deliver themselves (but still could use a little help): K/O Media may get a commission\$9Time the uterine contractions. You will know that this is most likely true, not false, when contractions are about three to five minutes apart and last forty to ninety seconds, as well as increasing strength and frequency, for at least an hour. This is for mothers for the first time. Hold the baby's head, then the body, when it moves out of the mother's bodySuch from the baby and keep it warm. Do not hit the child at the bottom, but if necessary, remove the liquid from the baby's mouth with your finger. Tie the umbilical cord a few centimeters from the child with a string (e.g. laces). You don't have to cut the cord unless you're hours out of the hospital. If this is the case, safely cut the wire, tying it again a few centimeters closer to the mother and cutting between the knots. If you have absolutely no alternative, and the child begins to appear first feet (baby breech), the instructions are the same. How to wear someone heavier than YouUsually is best left to a person who hurts where they are until medical attention comes. Never move a person who may have a head, neck, or spine injury. In other cases, however, you may need to move someone to a safer location. If you are not very strong or that person is heavier than you, here's how to pick up that person without hurting himself in the process:With the person to you, take a person's hand and pull it by the armKneel down or crouch down, so the middle of the person is in front of the frameThrust up with legs and hips hips Stand. Do not lean forward or injure your back. The person will now be hung on his shoulder and you can walk. WikiHow offers illustrated steps. It is also recommended to try this on small people or children first, which can be uncomfortable or fun depending on the guinea pig. I hope you'll never have to add any of these life-saving tips to the game, but whether you're wearing a first aid kit or not, at least you'll know what to do just in case. Bonus: Here is a printable two-page guide (PDF) to treat several other common injuries, including bleeding nose and sprains, from Real Simple. There is something to do for having your first aid kit ready wherever you are. Once... Read morePhotos by piotr_pabijan (Shutterstock), J. Heuser, historicaïr, Little Li, Valerie Everett, City of Boston Archives, Daquella manera. Want to learn how to perform (or refresh) cardiopulmonary resuscitation and use an automatic external defibrillator? The American Heart Association Web site can point to a class nearby. You can also call the AHA at 800-242-8721 (toll-free) or the American Red Cross at 202-303-4498. There is growing evidence that the vast majority of American workers work longer hours after extended periods of leave and find it difficult to disconnect from work outside of working hours. Overwork is a serious problem that affects many, regardless of age, occupation or place of residence, and it seems that this work ethics always collects few, if any, rewards. A 2014 study by John Pencavel of Stanford University found that working more than 50 hours a week makes you less productive. President Barack Obama recently announced that new rules are underway to make sure That American workers will be paid fairly for working longer hours by increasing the overtime pay threshold, but there are other, more complex issues involved. This is a deep-seated cultural problem with multi-layered negative consequences. Work stressors - including long working hours - are associated with sudden work-related death, increasing numbers and rates of accidents, burnout, depression and reduced productivity at optimal levels. The latest media frenzy surrounding a Goldman Sachs intern who died from seizures triggered by pulling all-nighters is an alarming illustration of the repercussions of overwork. Recently, Goldman Sachs restricted interns from working between midnight and 7 a.m. The Japanese have been the name of this madness for over 45 years. Karoshi is a term that literally translated to mean death from overwork. Deaths attributed to karoshi are typically associated with underlying medical causes that are of cardiovascular origin, including cerebral hemorrhage, myocardial infarction, and heart failure. The term first appeared in 1969, when a 29-year-old shipping worker died suddenly from a stroke after long working hours under high stress conditions. Karoshi became widely recognized as an important cause of death in Japan during economic expansion in the 1980s. During the economic downturn of the 1990s, companies began to demand even longer working hours, often in extremely stressful working conditions, increasing the number of sudden deaths from the previous decade. Even more worrying is the growing trend of Karojisatsu (suicide from overwork and stressful working conditions). There are many aspects of this dilemma that affect workers around the world, but the fact is that longer working hours threaten workers at all levels. The challenges we all face - in business and in our personal lives - are considerable. Chronic health problems can arise due to stress, a constantly connected online lifestyle, a shrinking workforce, operational changes and globalization. The physical and psychological rigors of high loads and constant fiscal pressure can lead to burnout, weight gain/loss, emotional tension, addiction or other unhealthy behaviors. In our book Heart-Centered Leadership: Lead Well, Live Well, we explore many ways that combine effective leadership with increased health – but these ideas are critical to the well-being of all employees. It's about creating a sensible lifestyle, spending time with loved ones, developing emotional intelligence and spending time reflecting. What are you doing to create a healthy lifestyle? What are you doing in your workplace to support health promotion? What actions do you take to live in a more heart-centered way? What is one thing that you can do differently to improve your health? What stands in the way of this consistently? How can you overcome this obstacle? What to do to reduce stress? Of course there are times when you have no choice but to keep your head down and push through. Here are some tips to help you better manage your workload:1. Take a break every 90 minutes. There is scientific evidence that motivation and focus improve and productivity increases when work tasks are carried out at 90-minute intervals. Nathan Kleitman, a groundbreaking sleep researcher, found that every 90 to 120 minutes the body goes through an ultradian rhythm cycle (similar to the circadian rhythm experienced during a sleep cycle). This is what causes periods of alertness and fatigue throughout the day. Each cycle of ultradian begins with alertness, but after about 90 minutes the alertness begins to decrease - hunger or fatigue can appear, the mind wanders and you are more inclined to make mistakes. If it is not always possible to take a break, consider breaking for up to five minutes, as the break state will increase productivity 2. Feed your brain. Have lunch full of protein to take you to Protein perks up neurotransmitters in the brain and increases your energy. This will also help more clearly and focus. Make sure there are healthy, readily available snacks on your desk, such as mixed nuts or seeds, a protein bar or apple, as well as a large bottle of water.3. Breathe deeply or meditate. Close your eyes and take a few deep, slow breaths. Try it for 30 seconds to renew immediately. Regular meditation practices will help you develop a greater sense of mental clarity, reduced stress, and an increased sense of centeredness that can take you through a hectic working day. Get into the habit of putting aside up to 5-10 minutes each day to meditate. Use an empty conference room, a quiet staircase, or a desk if you can retreat behind closed doors for a few minutes.4. Let go and delegate. We've heard about it before, but successful people know how important it is to browse to-do lists and delegate where possible. One of the hardest things for many people is to let go. The truth is that you don't have to do everything or be on every roster and attend every meeting. A lot of the stress we put on ourselves to work long hours is self-imposed.5 Learn to say no. An essential part of authentic self-care is recognition when you have to say no. It's not a selfish act when you don't have time to do what you were asked to do - and do it right. Just remember to graciously decline requests.6 Connect to nature. There is a lot of scientific research pointing to the healing power of nature. Try to get out at least once a day into the local green space - or somewhere you can breathe fresh air. This will help renew your energy and relieve mental fatigue. As Anais Nin once said: We don't see things as they are, we see things as we are. Maybe it's time to take a step back and consider the possibility that there may be more to life than achieving recognition at work. Instead, find your personal place in the sun, integrating health and well-being into your life. Be aware of larger, more human goals in life – including self-care and the well-being of others. Remember that research shows that when we are at the highest level of health, we are also at the highest level of performance. By building health and self-care in your schedule, you can greatly protect your physical and mental health as well as the future success of your career. Career.

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