

# Safety Matters

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June 2010

## Emergency Preparedness



A new *Red Cross* survey shows that 68 percent of Americans have been involved in some kind of summer emergency, ranging from insect bites, heat stroke and broken bones, to more life-threatening situations such as witnessing stroke, choking, or heart attack.

- Insect Bites and Allergic Reactions
- Snake Bites
- Heat Stroke
- Sprains and Broken Bones
- Choking
- Heart Attack

One in every four people have been in a situation where someone needed CPR.

### Do you know what to do in such an emergency?

Americans plan to be very active this summer, as the survey found that more than 40 percent will go hiking or camping and almost 75 percent will go swimming. While people expect to be active, the *Red Cross* found that **many are not confident of what to do in an emergency.**

Less than two-thirds felt confident helping a heat stroke victim and fewer than half could help someone with an allergic reaction to an insect or snake bite.



This year, the *Red Cross* is offering a new [Wilderness and Remote First Aid](#) course designed to teach people how to respond to emergencies when help is delayed.

Whether you're a scout, an outdoor enthusiast or you work in a remote environment, the *Wilderness and Remote First Aid* course is designed to give you the skills you need to respond to an emergency when help may be delayed.

The course is based on the *Boy Scouts of America* Wilderness First Aid Curriculum and Doctrine Guidelines, and offers enhanced content and topics to meet OSHA's Best Practices for Workplace First Aid Training Programs. The program offers flexibility for organizations and their instructors to adapt the course to varying environments.

In addition, the *Red Cross* teaches swimming and water safety skills to over 2 million people each year, trains millions in life-saving skills through its Lifeguarding and CPR/AED courses, and offers life saving training for young people through its Babysitter Training courses.



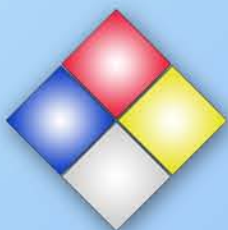
### Wilderness and Remote First Aid Topics Include:

- Primary and Secondary Assessments
- Head (Brain), Neck and Spinal Injuries
- Heat-Related Emergencies and Hypothermia
- Altitude-Related Illnesses, Allergies and Anaphylaxis
- Bone and Joint Injuries and Burns
- Wounds and Wound Infection
- And more!

### Find a Course Near You:

Course participants must be at least 14 years of age and possess current certification in Adult CPR/AED.

More information about *Red Cross* courses can be found at [www.redcross.org](http://www.redcross.org) or contact your local *Red Cross* chapter for a schedule of class times and locations.



## Remember... Safety Matters.



Comments and suggestions are always welcomed and encouraged.



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