

June 2016

A health awareness message from INTERVENT



June is National Safety Month – Safe for Life

Preparing Today Can Make a Difference Tomorrow

On any given day, anything can happen, from a slip and fall at home to a natural disaster near your workplace. By assessing potential risks and having a plan to respond, you will be steps ahead in the event of an incident, wherever it occurs.

Get Trained in First Aid and CPR

Even the fastest paramedics could take eight to 12 minutes to get to a patient after calling 9-1-1. Being trained in first aid and CPR could mean the difference between life and death.

When trained in first aid, the following steps are helpful in the event of an emergency:

- Recognize the emergency.
- Check the area for safety. If it's not safe, don't enter.
- Check the victim and ask for permission to provide assistance.
- Call 9-1-1 when appropriate.
- Care for the person.
- Have the person seek medical attention when needed.

When calling 9-1-1, be prepared to give this information to the dispatcher:

- Your name
- The phone number you are using
- The location and number of victims
- The victim's approximate age, gender and condition (Responsiveness? Breathing? Bleeding?)
- What happened to the victim and any special circumstances
- What is being done for the victim

The dispatcher may also give you instructions on how to help the victim. Stay on the line until the dispatcher says you can hang up.

First aid and CPR training gives you the skills you need to handle life's everyday bumps and bruises and the confidence to respond quickly and correctly to more serious injuries and life-threatening situations that can occur. Learn more at nsc.org/trainFA.

Source: www.nsc.org

