

!! Be Ready Saginaw County!!

January's Objective: FIRST AID / CPR / AED TRAINING

Disasters happen anytime and anywhere without warning.

When disaster strikes it is easier to cope when you are prepared.

!! Be Ready Saginaw County!! recommends getting First Aid, CPR, and AED training.

WHY YOU NEED TO BE TRAINED

YOU ARE THE HELP UNTIL THE HELP ARRIVES

- In an emergency First responders could be delayed in getting to you
- Training will teach you how to properly use the items in your First Aid Kits and Emergency Supply Kits

WHAT YOU WILL LEARN

- How to care for a conscious and unconscious choking person
- Rescue breathing techniques
- How to recognize and provide for cardiac arrest and heart attack
- How to recognize and care for injuries and sudden illnesses, including
 - Heat and cold emergencies
 - Poisoning
 - Bandaging wounds
 - Caring for bleeding injuries
 - Bone injuries
 - Diabetic emergencies
 - Fainting
 - Seizures
 - Strokes
 - Allergic reactions

WHAT IS AN AED?

An AED, or Automated External Defibrillator, is a device that analyzes the heart's electrical rhythm and, if necessary, prompts you to deliver a shock to a victim of Sudden Cardiac Arrest.

WHERE IS TRAINING AVAILABLE

The American Red Cross Saginaw County Chapter offers numerous classroom training opportunities throughout Saginaw County. Courses are also offered online so they can fit anyone's schedule.

WHAT DOES THE TRAINING COST

To view the class programs, schedules and course costs please visit:

<https://www.redcross.org/take-a-class>

HOW TO ENROLL IN TRAINING

To register for a training please visit:

<https://www.redcross.org/about-us/our-work/training-education.html>

Once on the page scroll down to the "Learn Lifesaving Skills" section and select a class type from the drop down box. Put in your zip code to find trainings in your area.

FOR MORE INFORMATION VISIT:

www.ready.gov

<https://www.redcross.org/local/michigan.html>



BE WISE. BE WELL. BE READY.