

First Aid/CPR/AED Training available

Imagine that one of our Sunday School children is choking on a piece of candy. Or one of our senior members has fallen. What would happen if one of our teens became injured at a church event? Is our congregation prepared? No matter how well managed safety is within a church, people can still have accidents or fall ill. First aid is about providing the necessary equipment and trained individuals to provide basic treatment and making sure that a process is available to seek additional assistance in situations where it is needed. Many churches use CPR and First Aid training.



The American Red Cross First Aid/CPR/AED program helps participants recognize and respond appropriately to cardiac, breathing and first aid emergencies. The courses in this program teach the knowledge and skills needed to give immediate care to an injured or ill person and to decide whether advanced medical care is needed.

St. George Church has also purchased an Automated External Defibrillator (AED). It is a portable device that checks the heart rhythm and can send an electric shock to the heart to try to restore a normal rhythm. AEDs are used to treat sudden cardiac arrest (SCA). SCA is a condition in which the heart suddenly and unexpectedly stops beating.

If you would like to participate in this program, please call the church office. We need a minimum of eight participants for a class. Cost and location of class is to be determined.

Five top reasons why first aid training is so important

- **Increases safety:** The basis of first aid training is “prevention”. It is always better to be safe than to be sorry. Knowledge of first aid promotes a sense of safety and well being among people, prompting them to be more alert and safe in their surroundings. Awareness and desire to be accident-free keeps you more safe and secure, reducing the number of casualties and accidents.

- **Helps save lives:** If a person who is trained to give first aid administration happens to see any casualty in his vicinity, immediate action can be taken and lives be saved. While it is natural for most of us to rush to support any injured person, a trained person is more reliable, confident and in control of himself and his actions while in trauma situations.

- **Helps relieve pain:** Some injuries require a very simple solution like applying ice pack or a quick rub. A ride to the emergency room is not necessary, at least not for some time. In such cases, calling a person trained in first aid courses is more reliable. They can help reduce the pain by performing simple procedures and can help relieve pain at least temporarily.

- **Makes people more secure:** Knowing that you can save your own life when required, or that of the people you know or those in trauma during some emergency helps you relax more and be more secure. The sense of security promotes a healthy and a more confident environment around you where you and the people around you would feel more secure. The presence of such people provides reassurance to the others in the situation.

- **Prevents the situation from becoming worse:** A trained person would know how to keep the situation from becoming bad to worse. They will provide temporary treatment which will keep the condition of the victim from deteriorating, till professional help arrives.

Knowledge of first aid promotes a healthy, secure and a safer environment, and instills confidence among people, their families, their colleagues and associates. Basic first aid knowledge is very helpful in dealing with trauma situations. Not just the medical help they provide, but the confidence they exhibit is very helpful during casualties. Being trained to provide first aid is useful to oneself and society.