

Aug 2019 EP TIP

## FIRST AID TRAINING

*Do you remember how to administer CPR?*

*If you encounter someone spurting blood, do you know if, when and how to apply a tourniquet?*

*Do you know how to recognize a possible heart attack or stroke?*

*What if you or your partner falls and breaks a bone or hits their head?*

All of us could benefit from more residents of Stoneybrook Village having First Aid training. The SVOA Emergency Preparedness Team encourages all of you to take a first aid course.

Philomath Fire & Rescue teaches American Heart Association First Aid/CPR/AED every month in a hands-on classroom environment.

See this web address for info: <https://www.philomathfire.com/first-aid-cpr-class>

This course is also offered as a self-paced online course here:

<https://shopcpr.heart.org/heartsaver-first-aid-cpr-aed-online.html>

The Red Cross also offers First Aid/CPR/AED courses at Osborn Aquatic Center through the summer.

They are through for the year, but you can find info here:

<https://www.corvallisoregon.gov/osborn/page/american-red-cross-classes>

Red Cross online courses are here (please excuse the long link address): <https://www.redcross.org/take-a-class/classes/adult-first-aid%2Fcpr%2Faed-online-only/05452326.html?cgid=first-aid&isCourse=true&storedistance=undefined#cgid=first-aid&zip=corvallis%2C%2Bor&latitude=44.5645659&longitude=-123.2620435&zipcode=&searchtype=class&start=10>

Other online courses can be found and you can find classroom courses at LBCC or in other towns.

You can take classes to earn a certificate or simply to be a better neighbor. Some courses charge a small fee; others are free. You can evaluate which course you would like to take by reading about them online.

We urge all members of the SVOA Response Teams (First Aid, 4x4, Snow Shovelers, Command) and all interested Village residents to take a First Aid Course soon.