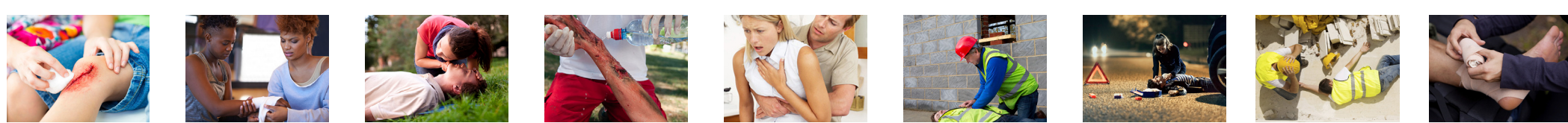


## “For Safety’s Sake - Do Something”

### Are you trained in First Aid? CPR? Do you know what to do in an emergency?



First Aid is defined as emergency care provided for injury or sudden illness before emergency medical treatment is available. The first-aid provider (YOU) is someone who is trained in the delivery of initial medical emergency procedures using a limited amount of equipment to perform a primary assessment and intervention while awaiting arrival of emergency medical service personnel.

#### Think about this...

- Nearly 13,700 U.S. workers are injured on the job each day—*almost 5,000,000 a year!*
- Possible savings for each avoided occupational fatality is well over \$1.4 million
- For every \$1 invested in safety, companies should see an average of \$3 to \$6 in a possible return.
- *24/7 safety promotion is vital* for a company, as *15 times* more employees are killed off the job. Safe at work, safe at home!
- The average cost of a minor incident is *16 times higher* than the cost of the preventive measure.

#### Consider these facts:

- 25% of emergency room visits could be avoided by knowing how to administer proper first aid.
- Sudden cardiac arrest represents 13% of all workplace deaths.
- 75% of all out-of-hospital heart attacks happen at home.

These statistics are provided by the National Safety Council.

For more information please visit: <http://www.nsc.org/measure/pages/jse-infographic.aspx>

#### What You Should Know...

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Training in basic First Aid and CPR is vital to help you know what to do, and provide quality care, in a time of crisis. Are you prepared to quickly respond and offer assistance when someone is in need? Numerous organizations in your area offer First Aid and CPR training such as your local Safety Council, Red Cross, Hospitals, Fire Departments, or local care agencies. Classes are for all skill levels and commonly geared to beginners. **So, what’s holding you back from helping in an emergency?**