



WPV-Ready

First Aid (and CPR/AED)

3 Steps to First Aid

Step 1: Get a First Aid Kit

There are many good First Aid kits available. We designed one just for the kinds of injuries you would expect after an earthquake.



Step 2: Learn to Stop the Killers

There are just 3 things that will kill you if you don't treat them right away, not breathing, bleeding too much, and going into shock. Actually, there are more things than that, but these are the ones we can treat without being a doctor.



Step 3: Take a Class

Classes are given by the American Red Cross, and by our Fire Department, the heroic Woodside Fire Protection District.



What is First Aid?

From the American Heart Association

We define first aid as helping behaviors and initial care provided to a person for an acute illness or injury.

The goals of a first aid provider include preserving life, alleviating suffering, preventing further illness or injury, and promoting recovery.

First aid can be initiated by anyone in any situation and includes self-care.



First Aid is a Perishable Skill - Practice, Practice

Nobody is expected to learn all of First Aid and remember it forever. It is a skill that you begin learning at some time, and continue learning throughout the rest of your life.

Practice, casual reading, classes, and talking with friends all make you better and better.

If you only start now by taking a class and getting a first aid kit, you will be way ahead. People like you save lives with these skills every day. And for every life saved, there are many wounds cared for and kept from worsening.

The things you learn in your first class will come back to you amazingly well the next time you cut yourself, or someone in your home grabs a hot pot handle.

Learn how you can take a class through the American Heart Association.

<http://cpr.heart.org/en/courses/heart saver-first-aid-course-options>

You can also take classes through the American Red Cross.

<http://www.redcross.org/take-a-class/online-safety-classes>

Order one of our Ready Family First Aid Kits.

This kit was designed by local doctors and emergency medical responders to have more of what you need for the typical injuries in our area, especially after an earthquake.

<http://WPV-Ready.org/Buy/First-Aid-Kit>



Contact our Fire Department's Public Education Officer

to find out when the next classes will be held here, in person.

Selena Brown - 650-555-1212 - sbrown@woodsidefire.org

We offer First Aid and CPR with AED.

We also offer the in-person skills portion of some online classes.

Visit our website for more First Aid resources at

<http://WPV-Ready.org/Basics/First-Aid>