



**American
Red Cross**

Cape Cod and Islands Chapter

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Media Alert

Red Cross Offers Spring Discount for “ChokeSaver” Classes in Falmouth area

Hyannis, Mass, March 30th, 2010 – The American Red Cross, Cape Cod and Islands Chapter, offers a number of classes called “ChokeSaver for Restaurant Emergencies”. This course covers a brief overview of knowledge and skills necessary to recognize and provide basic care for injuries (including choking) and sudden illness until more advanced medical help arrives.

A special class will be held at the Gus Cauty Recreation Center, 790 Main Street in Falmouth, MA on Monday, May 10th from 9 to 11 a.m. Cost is \$20 per person, which is \$10 off the normal rate. For groups of 8 or more, instructors can come to the restaurant site and special group rates apply. Registration is available by calling (508) 775-1540 or online at www.cciredcross.org

This Chokesaver for Restaurant Emergencies class meets the Massachusetts Department of Health requirement 105 CMK590.009, which states that food service establishments with a seating capacity of 25 persons need to have on premises an employee trained in removing food lodged in a person’s throat. Certification is valid for 1 year.

Restaurant staff will learn to:

- Identify Barriers to Action
- Identify Signals of Life Threatening Emergencies
- Identify Risk Factors for Heart Disease
- Understand Good Samaritan Laws
- Perform Check-Call-Care
 - Clear an obstructed airway in conscious adults, children and infants
 - Respond when a conscious adult, child or infant with an obstructed airway becomes unconscious
 - Administer rescue breathing to children and infants
 - Treat Burns and Control Bleeding
 - Identify Signs and Symptoms of anaphylaxis (food allergies)
 - Respond to someone showing signs and symptoms of a medical emergency

Registration and prepayment are required for all classes.

Other Chokesaver for Restaurant Emergencies classes are currently scheduled to be held at the Chapter House on 286 South Street in Hyannis on April 26th from 2 to 4 p.m. and May 17th from 9 to 11 a.m. Classes are also being held on Martha's Vineyard and Nantucket. Check www.cciredcross.org for schedules.

For more information and special on-site rates, contact Karen Whiting, Director of Preparedness at the Cape Cod and Islands Chapter of the American Red Cross at (508) 775-1540 x 12 or kwhiting@cape.com.

Sign up and more information for individuals interested in this class or other CPR/AED and First Aid training classes is also available on the web site: www.cciredcross.org or by calling toll-free (508) 775-1540 or (866) 762-1928.

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