



**American  
Red Cross**

Cape Cod and Islands Chapter

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## *Media Alert* **MEDIA ALERT**

### **American Red Cross Offers a Special Spring Discount (33% off) For “ChokeSaver for Restaurant Emergencies” Class on March 16th on Martha's Vineyard**

Hyannis, Mass, March 3, 2010 – The American Red Cross, Cape Cod and Islands Chapter, offers a number of classes called “ChokeSaver for Restaurant emergencies”. The next class on Martha's Vineyard will be held on Tuesday, March 16th from 9 to 11 a.m. at the Y.M.C.A., 57 Pequot Avenue, Cottager's Corner, Oak Bluffs at a cost of \$20 per person. For groups of 8 or more, instructors can come to the restaurant site. Special rates apply.

This two-hour class 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.

This 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

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

Sign up and more information for individuals interested in the class is also available on the web site: [www.cciredcross.org](http://www.cciredcross.org) or by calling toll-free (508) 775-1540 or (866) 762-1928.

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