



**American  
Red Cross**

Cape Cod and Islands Chapter

286 South Street  
Hyannis, Massachusetts  
02601

Phone: (508) 775-1540  
Or (866) 762-1928

*Media Alert*  
**MEDIA ALERT**

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***American Red Cross offers Choke Saver with Restaurant Emergencies Training Class December 7, 2009***

Hyannis, Mass, November 27, 2009 - The American Red Cross, Cape Cod and Islands Chapter, will offer a Chokesaver with Restaurant Emergencies training course on December 7, 2009 at the Chapter House on 286 South Street in Hyannis from 9:00-11:00 am.

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. 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. The cost of the course is \$30.

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

Class schedules can be viewed on the Chapter's web site: [www.cciredcross.org](http://www.cciredcross.org) or can be obtained by calling toll-free (508) 775-1540.

To register for classes or to request more information, see [www.cciredcross.org](http://www.cciredcross.org) or call (508) 775-1540. Payment is required for registration. Or you can write to: American Red Cross, Cape Cod and Islands Chapter, 286 South Street, Hyannis MA 02601.

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