



**American
Red Cross**

Cape Cod and Islands Chapter

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Hyannis, Massachusetts
02601
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Media Alert **MEDIA ALERT**

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American Red Cross offers Spring Discount for Choke Saver Training Class on April 10, 2010 on Martha's Vineyard

Hyannis, Mass, March 29, 2010 - The American Red Cross, Cape Cod and Islands Chapter, will offer a Chokesaver for Restaurant Emergencies training class on April 10, 2010 at the YMCA at Cottager's Corner, 57 Pequot Avenue, Oak Bluffs. The course will take place from 1:00-3:00pm and the cost is \$20, a special Spring Discount rate of 33% off.

Registration is available online at www.cciredcross.org or by calling toll-free to (508) 775-1540.

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.

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 or information for this and other Red Cross training courses is available at www.cciredcross.org or by calling (508) 775-1540. Or you can write to: American Red Cross, Cape Cod and Islands Chapter, 286 South Street, Hyannis MA 02601.

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