



**American
Red Cross**

Cape Cod and Islands Chapter

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Media Alert

Cape Cod and Islands Chapter, American Red Cross Offers a “ChokeSaver” Class for Restaurants

Hyannis, Mass, July 20, 2009 – The American Red Cross, Cape Cod and Islands Chapter, will be putting on a “ChokeSaver” with Restaurant Emergencies class. The class will be held on **July 27, 2009** at the Chapter House in Hyannis from **9am to 11am**. 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

Class will be held at the Chapter House on 286 South Street, Hyannis at a cost of \$30 per person. For groups of 8 or more, instructors can come to the restaurant site. Special rates apply.

Registration and prepayment required for Chapter House classes.

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.

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

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