Basic first aid is one of the most important skills you can learn. First aid is the assistance given to any person suffering a sudden illness or injury, with care provided to preserve life, prevent the condition from worsening, or to promote recovery. It includes initial intervention in a serious condition prior to professional medical help being available, such as performing CPR while awaiting an ambulance.

Here are a few basic steps to help you be ready:

1. Keep a stocked first aid kit in your home and vehicle. Ensure your kit carries tweezers, hydrocortisone cream (for stings & bites), latex gloves, pain relievers, etc.
2. Know the RICE treatment (Rest, Ice, Compression, and Elevation) for possible injuries such as sprains
3. Learn CPR and how to operate an AED (Automated External Defibrillators)
4. Take First Aid classes from a certified Red Cross instructor

Avoid injuries all together by following a few simple steps as well:

1. Remove throw rugs from the home
2. Make sure walkways are well lit and clear
3. Make bathrooms a “no slip” zone
4. Keep all medicines out of reach from children

These are many more ways to be prepared to administer First Aid and other preventive measures. For more information, go to www.redcross.org

Officer’s signature: [Signature]