



American Red Cross

Trained, Empowered, Prepared

Connected

Health & Safety Services Instructor Newsletter

Accident Prevention, Preparedness & Lifesaving Education

Spring/Summer 2008

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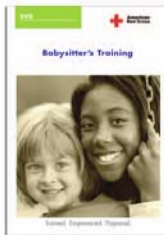


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Babysitter Training Update r08

The American Red Cross has updated the Babysitter's Training program. The new basic-level course has been expanded and redesigned for today's babysitters. The new course is filled with fun, interactive activities that will help youth stay interested and involved throughout the course. The training uses both practice-while-you-watch and watch-then-practice teaching methods. All participant materials have been entirely revised.



Program highlights include—

- Content updated to the latest science
- Optional first aid and CPR certification built right into the program
- Additional lessons which provide more in depth coverage of core content as well as new content for more experienced babysitters
- Newly designed activities to make the course more interactive from start to finish
- Almost all new video content and all new photos instead of illustrations
- Practice-while-you-watch method used to teach CPR skills
- New products to better meet the needs of babysitters on the job, including a compact, easy to carry emergency reference guide
- New participant's CD-ROM provides interactive exercises to reinforce student learning, a downloadable, electronic babysitting organizer to store client information and an activity booklet.

continued

Babysitter Training Update r08

continued

In addition, training for instructors has been improved in the following ways:

- Revised instructor course tailored to the teaching styles needed for the course
- Streamlined process for educators to become Babysitter's Training Instructors in 4½ hours

The new *Babysitter's Training* participant's set includes—

- A **handbook** with skill sheets for all required and optional lessons. It features all new full color photos showing a diverse group of babysitters and the children in their care as well as fun, youth-approved colors and easy to read font styles.
- An **emergency reference guide** that babysitters can bring to the job. This at-a-glance guide is small and easy to carry to jobs and describes care for common injuries and illnesses. It is a tool that participants can use outside the classroom when responding to a specific emergency.
- A **CD-ROM** with business card templates; a resume template; My Babysitting Organizer, a downloadable database for organizing babysitting client information; emergency preparedness information; a downloadable booklet with activities, games, crafts and recipes; interactive exercises, including end of chapter quizzes, Safe House activity and a trivia game; and fact sheets and worksheets for the additional lessons. The participant's CD-ROM also contains forms the babysitter will use frequently when babysitting.

Update Steps for Currently Authorized Babysitter's Training Instructors:

Currently authorized American Red Cross Babysitter's Training instructors must complete the following by December 31, 2008:

1. Obtain and retain the *Babysitter's Training Instructor's Manual with CD-ROM* (StayWell Stock No. 655632) and *Babysitter's Training Participant's Set* (StayWell Stock No. 655633) and become familiar with their features.
2. Complete the online update, attend a group orientation or complete a self-orientation.

Chapter Sponsored Updates:

- + Friday June 13th from 1:00pm-3:00pm
- + Tuesday July 22nd from 6:00pm-8:00pm

Please call to register if you would like to attend one of the above updates.

3. Return a completed orientation verification form to the instructor's chapter of authorization. The instructor's chapter of authorization will issue a new instructor authorization certificate (C3005) indicating Babysitter's Training.

Once updated, an authorized Babysitter's Training instructor may teach the basic-level Babysitter's Training course, additional activities and additional lessons. To teach the optional first aid and CPR lessons, Babysitter's Training instructors must also be Lay Responder First Aid and CPR/AED instructors (or equivalent).

ProgramFlash

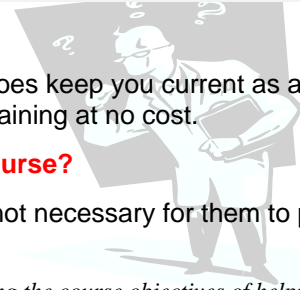
Q. Does my Instructor level certification, supersede my basic level?

A. No. Your Instructor certification authorizes you to teach your basic level specialty, but does keep you current as a basic level responder. As a Washtenaw County Instructor we provide you with basic level review training at no cost.

Q. Do I need to purchase books/skillcards for all my students, every time I teach a course?

A. Yes. If you are teaching a review course to students who already own their books, it is not necessary for them to purchase the same books again.

The retention and ownership of the participant materials designed for a specific course plays a key role in meeting the course objectives of helping people prevent, prepare and respond to emergencies. When course participants retain their own participant course material, they have a ready tool to review and reference in an emergency. When course participants are denied this resource, they are denied one of the best ways to ensure that the training they were provided is utilized effectively.



You've Given Them the Knowledge, Now Give Them the Tools!

Personal First Aid Kit \$5.50

This compact, individualized first aid kit measures 4" x 4" and is also our smallest kit that contains an instant ice pack. Featuring a durable, 420 Denier lightweight nylon case, the 4" x 4" also includes a belt loop for convenience.



Home & Travel Aid Kit \$25.00

First aid kit for the family. Featuring clearly marked sections for fast access of different categories of supplies, this all-in-one kit is housed by a padded water-resistant nylon pillow bag.



KeyRing Rescue Shields \$5.00

This handy rescue kit comes packed in a nylon pouch with an attached key ring. Included is the uniquely designed MDI[®] CPR Filtershield™ which features a 2 cm. airway tunnel that acts as a bite block and is compatible for infants, children and adults. What's more, barrier is made of durable, clear material which allows the rescuer to monitor for vomitus material. Available in standard soft case or a deluxe soft case, which also features a belt loop attachment.



StayWell Price Increase

Teaching lifesaving skills in every community is an important part of the Red Cross mission, so we are committed to keeping prices as low as possible and increasing the price of only these two teaching resources at this time. The *First Aid/CPR/AED for the Workplace Participant's Workbook* was originally offered at a reduced, introductory promotional price although it contains significantly more content – nearly double the number of pages than the previous edition.

We want to give you advance notice of upcoming price increases that affects the following training materials as of July 1, 2008:

Item	Stock No.	Current Price	Price as of 7/01/08
First Aid/CPR/AED for the Workplace Participant's Workbook	656694	\$13.50 (pkg/10)	\$25.00 (pkg/10)
First Aid/CPR/AED for Schools and the Community Participant's Manual	652145	\$14.99	\$15.99

A Special Invitation...

Red Cross Mission Tours

Get to know your American Red Cross

Hear the stories of the men and women behind the scenes. See how your American Red Cross touches one in three lives throughout Washtenaw County.

Bring your family, friends & colleagues. Call today for dates, times and to reserve your place on the tour.

(Refreshments will be served)

To RSVP at (734) 971-5300 ext. 306



Review Red Cross Position on Compression-Only CPR

March 31, 2008

Recently, Compression-Only CPR (giving continuous chest compressions) has received attention by media.

Per the *2005 International Consensus on CPR and ECC Science with Treatment Recommendations*, the Red Cross recognizes that, in some cases, Compression-Only CPR is the best technique for a non-certified, lay responder (bystander) who witnesses the sudden collapse of an adult.

Based on scientific evidence and the likelihood of bystanders witnessing an adult cardiac arrest, the [American Red Cross Advisory Council on First Aid, Aquatics, Safety and Preparedness](#) developed their [Advisory Statement on Compression-Only CPR](#) in May, 2007. Per the advisory statement, the Red Cross recognizes that Compression-Only CPR is an acceptable alternative for those who are unwilling, unable, untrained or are no longer able to perform full CPR (cycles of chest compressions and rescue breaths) and, in some cases, the preferred method for bystanders who witness an adult suddenly collapse.

Main Talking Points

- Based on scientific evidence, the American Red Cross supports Compression-Only CPR (continuous chest compressions) as an acceptable alternative when:
 - a responder is unwilling, unable, untrained or unsure how to perform full CPR (cycles of chest compressions and rescue breaths).
 - a bystander has witnessed the sudden collapse of an adult.
- The Red Cross uses the term "Compression-Only CPR" while the American Heart Association (AHA) uses "Hands-Only CPR." The technique is the same—performing continuous chest compressions (at the rate of 100 compressions per minute) without rescue breathing.
- Both the Red Cross and AHA hope that Compression-Only CPR will save lives by encouraging bystanders who witness the sudden collapse of an adult to get involved and have someone call 9-1-1 or the local emergency number and then start performing chest compressions until help arrives or the adult shows obvious signs of life (breathing and movement).
- The following individuals will still need to take training which includes full CPR (cycles of chest compressions and rescue breaths).
 - those who take CPR training for certification to meet State and Federal requirements
 - lay responders in workplaces who have a duty to respond
 - those responsible for infants and children
- Compression-Only CPR does not affect professional rescuer CPR/AED training programs or protocols.

Additional Talking Points

- Compression-Only CPR **should not be used** for infants and children, for an adult whose sudden collapse is not witnessed or where a respiratory emergency may have caused the cardiac arrest.
- An automated external defibrillator (AED) should be used as soon as it becomes available—regardless of whether or not the sudden collapse was witnessed. The device will not cause additional harm to the victim and will not defibrillate unless a shockable rhythm is detected.
- Compression-Only CPR does not affect the curricula or skills in current Red Cross lay responder or professional rescuer level courses.
- Full CPR (cycles of chest compressions and rescue breaths) is still important to learn. It is critical to know what to do during an emergency. Red Cross first aid, CPR and AED training can give people the skills and the confidence to act in an emergency.
- In addition to learning how to recognize cardiac emergencies and how to perform CPR, Red Cross CPR course participants learn what to do if someone is choking or having a breathing emergency, how to care for shock and more.

“Together, They Can Save A Life”

If you would thoroughly know anything, teach it to others.
Tryon Edwards (1809 - 1894)

Bob and Joan Stein have been married for forty-three years, and for twenty-seven years they have been Red Cross instructors. The Steins are a wonderfully friendly and an active couple—at the end of the month, they plan to motorcycle across the Black Hills of South Dakota and then on to Wyoming. They have two daughters and three grandchildren, and family has always been very important to the Steins. It is because of their daughters that Bob and Joan prepared themselves for emergencies by becoming certified instructors in CPR and First Aid nearly thirty years ago. “Our kids were young, so we were concerned that we knew what to do when it was important to remember,” Joan said, adding, “The best way to learn something is to teach it. In order to remember how to do CPR correctly, we needed to teach it.”

After becoming Instructor certified, Bob and Joan implemented a CPR program at the Ford Motor Milan Plastics Plant in Milan, Michigan. As a result of their success, CPR training was implemented in other Ford Motor locations. In addition, Bob and Joan assisted in the development of a notification guide video, which provided a series of steps to take when faced with an emergency. Joan taught life saving skills to Ford employees for ten years before taking a sabbatical to pursue furthering her college education in 1989. Bob continued teaching at Ford until he retired two years ago. Joan estimates that she and Bob trained as many as 1,200 of the 1,800 employees at the Milan Plant.

Both Bob and Joan have experienced real life emergencies that have put their Red Cross training to the test. Twice, Bob has performed CPR on victims. One of the victims, a co-worker at the Milan Plastics Plant, unfortunately passed away. At the news of losing his friend, Bob's disappointment and sadness led him to initially question his technique. He was assured by a hospital doctor, however, that his co-worker had essentially given up on Bob's attempts because his heart was too damaged to survive. Joan also encountered an emergency situation at work when a man collapsed. Luckily, the man began breathing while she was conducting her initial assessment.

While the Steins live almost a half an hour away in Brighton, MI, their connection with the Washtenaw County Red Cross continues. Bob and Joan both agree that their special relationship with the Washtenaw Chapter, which began while they incorporated Red Cross certified CPR courses into the nearby Milan Plastics Plant, has continued due to the Health and Safety staff. Since he retired two years ago, Bob has taught all components of the Lay Responder program, as well as, CPR/AED for the Professional Rescuer at the Washtenaw County Chapter. After being re-certified last September, Joan has also taught Lay Responder courses, and she plans to become certified as a Professional Responder Instructor in the near future. Bob and Joan feel that being a Red Cross instructor is, “a way of giving back, touching lives and doing something positive and worthwhile together.” They strive to make a positive impact which surpasses the life saving skills they teach and incorporates a “human side.” They do this through humor and relating the life and death situations that have shaped their lives. “When I teach,” Bob explains, “I’m teaching you what’s in the video, what’s in the book, but I’m also giving you some real-life personal experiences.”

“It’s gratifying to spend quality time together making a positive difference.” Bob and Joan work as a team because they know that *“together they can save a life.”*



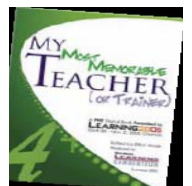
Giving Back To Your Community...

- + Join our Team of Instructors
- + Donate Blood
- + Volunteer
- + Assist in a Disaster
- + Make a Financial Contribution
- + Sponsor a Fundraiser
- + Join our First Aid Support Team

Strive to be Memorable

When you go in front of a group of people do you ever stop and ask yourself, how do I come across to students? How can I make a positive impact in the classroom? Or ask yourself, how can I be a more memorable teacher?

This very question is one that Elliott Maise, an internationally recognized futurist, analyst, researcher and organizer on the critical topics of learning, technology, business and work-place productivity, asked his colleagues from around the world. The answers he received were astounding, so much so that he compiled them and made a free digital book. Here are a handful of quotes submitted: “...brought a passion and energy to the class that I had never experienced before...” “... was patient, committed, open, respected everyone, challenged everyone, had a great sense of humor, worked through technical learning curves...” “...taught me how to have learners become responsible for their own learning.” It’s easy to forget how much influence you can have as a trainer. What might someone say about you? For more information or to download your free book, go to Instructor Corner, click on Newsletter and locate the link in the “Strive to be Memorable” article.



Instructor Classifieds

Corporate Outreach Specialist Full-Time

The Corporate Outreach Specialist is assigned the responsibility for the planning, organization, direction, promotion and meeting reach and revenue goals of all corporate based Health & Safety programming. This position provides technical support and expertise to the department and advises the leadership and development of Health & Safety corporate instructional staff.

Part-Time Instructors

We are always looking for part-time instructors to teach CPR and first aid classes. The minimum requirement consists of two classes a month.

For more information, contact Sherri Olson-Roberts at (734) 971-5300

End of fiscal/school year to do list:

- ✓ Submit Course Records
- ✓ Pick up books before the \$ increase
- ✓ Make sure your AED batteries and pads are up-to-date
- ✓ Make sure you have an AED
- ✓ If you have a change in your mailing or e-mail address, please make sure you update your LMS record on-line.
- ✓ If you have any questions, regarding the above, please call us anytime!

- ✓ Have a safe and healthy summer!

Your American Red Cross

The American Red Cross is facing new challenges. Today's American Red Cross is more diverse, and more technologically equipped than ever before. The people whose lives we touch speak a variety of languages, come from different cultural backgrounds, have varying physical abilities and a range of health and safety needs.

As American Red Cross instructors, you are our frontline to the public, and often serve as the first contact that some communities have with the American Red Cross. We need you to understand how to work with and serve as a resource to different communities.

Being a service organization means that we must have a collaborative approach to what we do. If we are to fulfill our vision of touching more lives, then our instructors must function as collaborators and community builders. Certainly, there is much more to being an American Red Cross instructor than simply presenting the course materials. Providing the tools to respond to emergencies and being advocates in educating the public on who we are is our challenge to you.

Did you know your American Red Cross...

- + Supplies almost half of the nations blood and one-quarter of the nations tissues for transplantation.
- + Shelters and feeds families/individuals after a disaster (ie: residential fires, weather disasters, workplace violence crisis, etc.)
- + Provides mental health counseling during and after a disaster.
- + Provides assistance to relieve the suffering of people throughout the world through primary health care, emergency response, international humanitarian law and tracing services.
- + Provides worldwide communications and support networks that serves as a lifeline between military service members and their families.
- + Provides education and products to help people prevent, prepare for and respond to emergencies.
- + Is not government funded and relies on the American public's generous donations of time, money and blood to offer it's services.

Last but never ever least...

Our heartfelt appreciation to our volunteers. You are our success! We could not begin to do the things we do without your support.

A special thank you to:

Bud Davis, Doug Winters & Bruno Sigda for delivering training equipment & course material to our worksite clients.

Patricia Fisk, Carol Middel, Jennifer Allan, Anne Veling, Ginna Irwin, Connie Nelson & Stephanie Haslam for training our community members to be better prepared to respond to an emergencies.

Roberta Faust for taking us shopping for office supplies.

April Burton-Welch, Donna Labadie, Jennifer Williams, Aalaa Albaroudi & Amal Michael for assisting Meena in our day to day administrative tasks and customer support role.

Andrea Shpak for her technology expertise

Jane Hadley for data management.

Gordon Parker for making certain our supplies are ready for class.

Robert Niemi for data entry, driver for mass trainings & first aid supplies.

Julie Mattered, Aly Croen & Alison Shier for providing us with marketing & communications support.

During the past month over 200 volunteer hours were logged in support of Health & Safety Services.