

COMMUNITY SAFETY – JOIN US IN BEING POSITIVELY CONTAGIOUS!



ISSUE #1. The Winter 2008-2009 American Heart Association *Currents* magazine says, “A victim of sudden cardiac arrest (SCA) in Seattle, Washington, may have a five-times-higher chance of survival than victims elsewhere in the United States. Seattle’s high survival rate links to its high rate of CPR-trained residents, fast EMS response, and good in-hospital post-resuscitation care.” In our area of fast EMS response and good hospital care, increasing the number of CPR-trained residents can make a great and positive difference.

ISSUE #2. As pointed out by regional earthquake experts, there must be enough residents communicating with each other, getting prepared and ready to work together for mutual safety, so society does not collapse in a large scale disaster

What can you do to address these two issues that concern the quality of life for everyone? There can be great improvement in both these areas, if we all work together to create the needed critical mass of awareness, training and preparedness. The Special Neighborhood CPR Class addresses both issues.

1. As an encouragement to all able neighbors and family members to learn CPR for only the cost of materials, since the CPR And Safety Training Team (CASTT) donates their time to teach these classes as a community service.
2. As a tool you can use, by talking about this neighborhood CPR class, to develop a telephone communication network and lay the foundation for more ways to work together. At the beginning of each CPR class, CASTT instructors, who are all Community Emergency Response Team (CERT) graduates, will spend a few minutes giving information on ways to develop more neighborhood safety.

As an employer, you can make sure you and your employees are trained in CPR and encouraged to bring the Special Neighborhood CPR Class to their neighborhood. You can sponsor a contest to see which employee’s neighborhood can get the most trained in CPR. You can offer incentives for the first neighborhood group that actually gets trained. If your business has a fund for community service, you can work with CASTT to offset the cost of training for those whose budget does not allow for \$5 to train each family member.

You can find the Special Neighborhood CPR Class with all its details listed on our website menu.

As a businessman with any number of employees, you can also find the OSHA and California state rules and regulations related to required CPR and First Aid courses in our website FAQs.

We encourage each one of you to become **POSITIVELY CONTAGIOUS**, encourage your friends and neighbors at home and at work to take steps to be part of the needed critical mass addressing both issues and help everyone be safer. You are welcome to share this and other information on our www.castt.net website with everyone you know.

**CPR
And
Safety
Training
Team**

(714) 546-4252

American Heart Association Training Site
1288 Londonderry St., Costa Mesa, CA 92626

CASTT@castt.net www.castt.net

FAX: 714 540-1288

Training you – at our place or yours – to help others