

Preparedness Flash

A newsletter from the American Red Cross of Greater Chicago's Preparedness Division

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Preparedness Institute: Become an Instructor Trainer

If you are a current instructor, have excellent teaching experience and are interested in moving on to the next level training other instructors on how to teach - attend our Preparedness Institute!

Dates: October 19th - 23rd, 8am to 5pm.

Where: Aquatics - McGaw YMCA - Evanston
CPR/FA/AED & Caregiving - Arlington Heights Community Facility

Price: Varies depending on your teaching speciality

Go to www.chicagoredcross.org/AP for more information about the program.

For additional information and to get signed up, contact Steve Strang at strangs@usa.redcross.org or 312.729.6186. The informational flyer is attached to this newsletter.

Red Cross Ready Rating™ Program



**If an emergency strikes,
will you be ready?**

We can help each other to be ready for emergencies. A disaster can happen at any time, but preparedness and prevention are two elements within our control. Being ready for the inevitable is a shared responsibility that starts with each of us.

The Red Cross Ready Rating™ Program is a first-of-its-kind Membership program that guides businesses, organizations, and schools in preparing for emergencies, and recognizes its Members for their commitment to preparedness. Organizations that display a Ready Rating Member Seal have made a commitment to complete five steps designed to improve emergency preparedness. This simple, yet necessary, five-step framework gives businesses, organizations and schools, not only the resources, but the confidence to be prepared. Visit www.readyrating.org/chicago to learn more.



We encourage our Instructors and Authorized Providers to forward this free, online presentation to friends, family and co-workers.

This updated education program leverages multiple online technologies to engage the public in preparedness actions. Features include several interactive tools that allow users to customize their own emergency kits and plans and e-mail the information to their family members and friends.

Some of the features of the enhanced Be Red Cross Ready online education program are:

- **Create Your Own Kit** page with a calculator for learning how much food, water and other items are needed based on the number of adults and children in a family.
- **Make Your Own Emergency Plan** page where family and emergency contact information, meeting places and information about pets can be entered into a form for e-mailing to oneself and anyone else with whom they choose to share their plans.
- The **Prepare4 Game** where players search for missing kit items at a virtual store and receive a customized list of essential supplies needed for an emergency kit.
- In addition to the streaming video segments on conscious choking, CPR and AED use, three short video clips have been added to make the Get a kit, Make a plan and Be Informed segments more comprehensive.
- An updated, downloadable emergency contact card.

The Red Cross mission statement clearly defines one of our key tasks - to help people prepare for emergencies. Studies have shown that preparing for emergencies can be daunting. Programs like the newly enhanced Be Red Cross Ready Online Education Program help to take the fear out of personal preparedness. Thank you for helping those in your communities prepare for emergencies and for helping to save lives.

AP Notes

As of July 1st, your current agreement from July 2008 - June 2009 expired. Your organization must update to continue teaching. New for this year is the ability to **renew your annual agreement online!** Update online at www.chicagoredcross.org/AP and find other essential forms and tools.

Please see the above website or call Customer Services at 800.337.2338 if you have any questions.

WSI's, You Still Have Time to Update!



The Water Safety Program has been updated to reflect the most recent water safety findings in safety and technique. Please note you **MUST** go through an update if you would like to teach Water Safety programs after 2009.

To update you may go to www.instructorscorner.org and complete an online self study. You must purchase the new material **BEFORE** beginning the online session. You can do this by calling Customer Service at 800.337.2338 or by ordering through www.shopstaywell.com.

Preparedness Tear Sheets Available!



Disasters can bring about significant stress. That's why the American Red Cross developed 14 convenient 8-1/2" x 14" pads of 50 tear sheets that offer meaningful

advice to help individuals cope with the aftermath of various disaster situations.

- Great education for Authorized Providers who are teaching Community Disaster Education.
- Defines terms and complications associated with most disasters.
- Perfect for employee and client handouts
- Pet Safety and Personal Emotional Health sheets available also.
- Work very well for for informative giveaways at preparedness events.
- Available in English and Spanish (by request)

Visit the [ARC Store](#) or call Customer Service at 800.337.2338 for more information or to purchase the tear sheets.

ARCGC Knowledge and Events



It may have been a while since you took Fundamentals of Instructor Training, so we're providing a recap of the key points about the chapter.

(Instructor trainers, take note so you can update your FIT Guide for Training Instructors and include this in your classes.)

Lesson Three in the FIT class covers "Chapter Priorities". These are the programs and fundraising activities hosted by each chapter, and they can vary. Page 5 of the FIT manual (pg. 13 in the instructor guide) includes some bullet points under the "Key Points."

Some of the Greater Chicago Chapter events:

- **Flirting for Disaster:** A series of popular after-work social gatherings held throughout the year that target young professionals. They are typically held at popular venues throughout Chicago, and usually include hors d'oeuvres, raffles and special programs.
- **Mission Red:** The inaugural "Mission: Red" was held this past August and hosted more than 300 civic-minded professionals for a night of mingling, entertainment, and once-in-a-lifetime auction experiences.
- **Red Cross Golf Classic:** Held in June at an a premier golf course in the area. This golf outing culminates with an exciting raffle, dinner and auction.
- **Heroes Breakfast:** This annual event honors local people for acts of bravery, dedication, and service to the community. The ARCGC chooses heroes who embody our guiding principles and inspire others to do good. The breakfast is held at the Fairmont Hotel in Chicago.

Visit www.chicagoredcross.org for information.

Review Compression-Only CPR Guidance

New studies continue to support the value of Compression-Only CPR (continuous chest compressions). The Red Cross recognizes that providing instruction on giving quality Compression-Only CPR (continuous chest compressions) encourages and enhances the capacity of bystanders to react and respond when they witness an adult or adolescent suddenly collapse. The resulting growing attention has provided the American Red Cross with the opportunity to reaffirm its position, to increase awareness of the role of Compression-Only CPR in saving lives and to increase outreach.

In May of 2007, the American Red Cross issued an affirming statement that Red Cross recognizes that "Compression Only CPR" represents an acceptable alternative for those who are unwilling, unable or untrained to perform CPR. In some cases, it is the preferred method for bystanders.

Compression-Only CPR involves simply giving continuous chest compressions. Every household should have at least one person trained in lifesaving skills. However, until this happens or better – everyone is trained in CPR and First Aid, we must understand that doing "something" is better than "nothing at all". In a cardiac arrest, giving chest compressions can improve a person's chance of survival.

Additional tools are in development to help educate the public. Also, a toolkit for Compression-Only CPR itself is based on the 2005 International Consensus on CPR and ECC Science. The American Red Cross will continue to develop additional tools to help educate the public. If you have additional questions please contact the American Red Cross of Greater Chicago at 800.337.2338.

Preparing Small Business Workplaces for Pandemic Flu



The American Red Cross is pleased to introduce the new Preparing Small Business Workplaces for Pandemic Flu program. The purpose of this program is to raise awareness about pandemic flu and provide information on what to expect during a pandemic, and provide small business employers and employees pandemic flu planning information to aid in business sustainability.

This program was developed with a generous grant from the United States Occupational Safety and Health Administration (OSHA). The program includes a 1.5 hour presentation, a DVD that can be used with the presentation or as a stand-alone educational tool and a variety of related materials and resources. Although this program is designed primarily for small businesses with 250 employees or less at a single worksite, or 500 employees or less distributed over multiple locations, larger businesses and organizations will also benefit from this program.

The presentation covers:

- What to expect during a flu pandemic
- The difference between seasonal flu and pandemic flu
- How the influenza virus spreads
- Steps to reduce the spread of flu in the workplace
- What questions to ask about workplace policies, practices and protocols related to the potential of a flu pandemic occurring

The presentation is approximately 1.5 hours in length, contains messaging on individual and workplace preparedness and prevention, and is supported with a DVD, Leader's Guide, CD-ROM, brochures and interactive worksheets. For more information on this program please call the American Red Cross of Greater Chicago at 800.337.2338.

American Red Cross Mission & Code of Conduct

The American Red Cross, a humanitarian organization led by volunteers and guided by its Congressional Charter and the Fundamental Principles of the International Red Cross Movement, will provide relief to victims of disasters and help people prevent, prepare for, and respond to emergencies.

The Red Cross expects all members to meet the highest standard of professional and ethical conduct. Conduct that interferes with business operations, discredits the Red Cross, or is offensive to customers or fellow workers will not be tolerated. All are expected to adhere to and practice the Fundamental Principles of the International Red Cross Movement:

- Humanity
- Impartiality
- Neutrality
- Independence
- Voluntary service
- Unity
- Universality

The Red Cross is a symbol of hope throughout the world. As part of this humanitarian organization, the American Red Cross of Greater Chicago provides relief to victims of single family emergencies and community, national and international disasters.

Consider giving a gift to the American Red Cross of Greater Chicago. Your generosity will ensure our organization will continue to fulfill its mission of helping people prevent, prepare for and respond to emergencies well into the future.

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