

For Immediate Release

**Lifesaving Lessons for Everyday Emergencies**  
***American Red Cross Recommends One Person In Each Household Be Trained***

**July 23, 2007** – Every year, the American Red Cross of Greater Columbus trains more than 42,000 people in lifesaving skills such as first aid, CPR and water safety, but the Red Cross says that is not enough.

“The Red Cross recommends that one person in each household be trained to respond to emergencies,” says American Red Cross of Greater Columbus CEO Michael Carroll. “Taking training such as first aid and CPR gives the average person the knowledge and skills essential to lessen the effects of injury or sudden illness and help sustain life until professional responders arrive.”

Carroll continues, “You may be faced with a situation at home, at work or while out with family where you are the only one able to respond during the crucial first few minutes of an accident or medical emergency. We have seen time and time again that Red Cross safety training saves lives.”

Training has a dual purpose: to prepare residents in the event of an emergency and to ensure not only that people are ready to respond, but that they are ready to respond correctly. “People often think they know a lot of first aid and CPR responses before they sign up for the class,” said Jan Lenko, a Red Cross volunteer instructor. “During the training they are surprised to learn that many household remedies are actually the opposite of what we are teaching. For example, some people believe that burns should be treated with butter, in the course we talk about the various types of burns and how each type should be appropriately treated.”

Important skills are taught not only in the first aid and CPR classes, but in courses like Babysitter Training for 11 to 15 year olds; Learn to Swim courses for youngsters and sports injury prevention courses.

Anyone interested in training can visit [columbus.redcross.org](http://columbus.redcross.org) for a list of available courses along with a complete schedule through December 31, 2007. Those interested can also call the Red Cross at (614) 251-1444 to learn more.

The American Red Cross of Greater Columbus is dedicated to helping make families and communities safer at home and around the world. Sustained by over 700 volunteers, the Red Cross provides assistance to nearly 500 families each year after home fires and other disasters strike. Last year the organization trained and educated more than 113,000 area residents in vital lifesaving skills like first aid, CPR and how to prepare for emergencies. The Red Cross also sent more than 800 emergency messages between members of the military and their families. The community transportation program provides rides to medical appointments for seniors and individuals with disabilities, logging nearly 17,000 trips last year. All these programs and more are made possible by the donations of time and money from the greater Columbus community. Michael Carroll is the CEO of the American Red Cross of Greater Columbus and Michael Schoedinger serves as the board chair.

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