


1

- Bathrooms
- Fire extinguishers
- AED
- Emergency exits
- Assembly area
- Cell phones
- Etiquette/Respect
- Food / Drinks
- Introductions



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Perspective

- The City of Menlo Park has:
 - 47 sworn Public Safety Officers
 - Typically, about 20 officers on duty during the day and 6 officers at night
 - 0.9 sworn officers per 1,000 residents (estimate)
- The Menlo Park Fire Protection District has:
 - 7 total fire stations (Station 77 is in a flood zone)
 - Each is staffed by only 3 crew members
 - Service population of 100,000 residents over 29 square miles
 - 108 Fire Safety personnel and 22 Administrative Support Staff
 - Reinforcements might live 50+ miles away

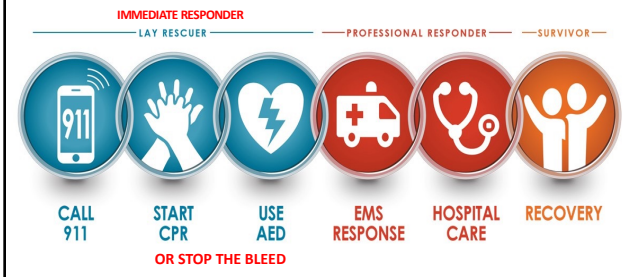
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Perspective

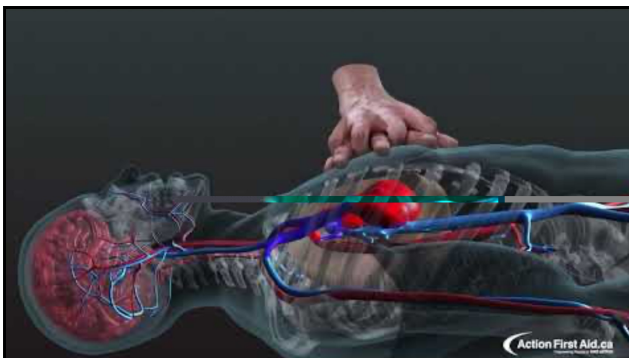
- Cardiac arrest can be fatal if it lasts longer than 10 minutes without CPR. Brain damage can happen after just 4 minutes. Cardiac arrest treatment should start right away, even if you're not in the hospital. Use of an AED greatly increases the chance of survival.
- Bleeding can quickly become life-threatening. The average time to "bleed out" is only 2 to 5 minutes.
- The average first responder arrival time is 7 to 10 minutes.

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Chain of Survival



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Sudden Cardiac Arrest (SCA) Facts

- SCA occurs when electrical impulses to the heart become rapid or chaotic, which causes the heart to suddenly stop beating
- A heart attack occurs when the blood supply to part of the heart muscle is blocked. A heart attack may cause cardiac arrest
- More than 436,000 Americans die from SCA annually (nearly 91% of out-of-hospital cardiac arrests at fatal)
- Immediate high-quality CPR and early defibrillation with an AED can more than double the likelihood of survival
- Bystander intervention rates are 40.2% for CPR and 10.2% for public AED use
- 39% of SCA cases for children 18 years and younger were sports-related

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8 Steps for Hands-Only CPR

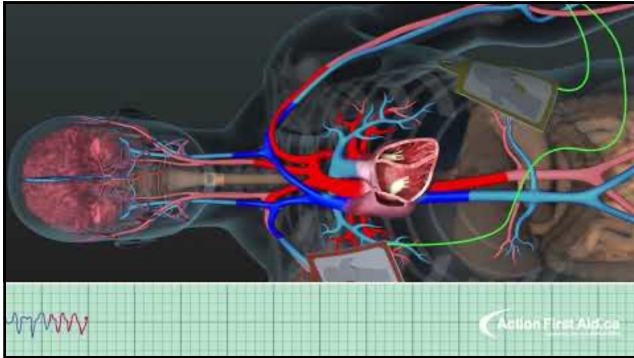
1. Call (or have someone call) **911!**
2. Ensure the person is on their back on a firm, flat surface
3. Kneel closely beside the person
 - Knees should be near the person's body and spread about shoulder-width apart.
4. Use correct hand placement
 - Place the heel of one hand in the center of their chest, with your other hand on top.
 - Interlace your fingers and make sure they are up off the chest.

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8 Steps for Hands-Only CPR

5. Use the correct body position
 - Position your body so that your shoulders are directly over your hands.
 - Lock your elbows to keep your arms straight.
6. Give continuous compressions
 - Push hard and fast
 - At least 2 to 2.5 inches (1/3 depth for a child)
 - 100 to 120 compressions per minute (COUNT OUT LOUD!)
7. Allow chest to return to its normal position after each compression
8. Use an AED as soon as one is available

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Basic First Aid

- Bleeding control
- Choking
- Shock
- Anaphylaxis (Allergic reactions / EPI pen)
- Drug overdose (Narcan / Naloxone)
- Burns
- Heat / Cold injuries
- Head / Neck / Spine injuries
- Recovery position

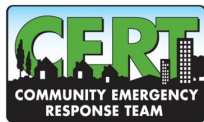
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ENHANCE YOUR SKILLS

- Respond to emergencies in your neighborhood
- Learn basic disaster preparedness and response skills
- Improve the resilience of your community

menlofirecert.com for

- CERT Academy
- Stop the Bleed class
- First Aid / CPR / AED certification
- Disaster Preparedness
- Red Cross Ready
- Incident Command / FEMA courses



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