




AMERICAN RED CROSS PREPAREDNESS

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MISSION

- THE AMERICAN RED CROSS PREVENTS AND ALLEVIATES HUMAN SUFFERING IN THE FACE OF EMERGENCIES BY MOBILIZING THE POWER OF VOLUNTEERS AND THE GENEROSITY OF DONORS
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INFORMATION ABOUT THE RED CROSS

- LARGEST HUMANITARIAN NETWORK IN THE WORLD WITH A PRESENCE AND ACTIVITIES IN ALMOST EVERY COUNTRY
- THE INTERNATIONAL FEDERATION OF RED CROSS AND RED CRESCENT SOCIETY IS COMPOSED OF 192 NATIONAL RED CROSS / RED CRESCENT SOCIETY
- 90% OF THE RED CROSS WORK FORCE ARE VOLUNTEERS

AMERICAN RED CROSS GUAM CHAPTER

- LOCATED IN HAGATNA, NEXT TO SUPERIOR COURT OF GUAM
- DURING COVID
 - PROVIDED CONTINUED RESPONSE TO LOCAL EMERGENCIES SUCH AS FIRES AND FLOOD
 - PROVIDED CERTIFICATION TRAINING TO INCLUDE 1ST AID AND LIFEGUARD
 - PROVIDED DONATED GOODS SUCH AS PALLETS OF WATER AND MRE
- COMPLETED SHELTER MANAGEMENT TRAINING TO GDOE & MCOG

HANDS ONLY CPR

- 30-MINUTE PRESENTATION THAT INCLUDES A SHORT VIDEO AND HANDS ON TRAINING
- PROVIDES TRAINING EXPERIENCE TO RESPOND FOR A PERSON EXPERIENCING A CARDIAC EVENT
- NOT A CERTIFICATION.

WHAT IS HANDS ONLY CPR?

- HANDS ONLY CPR INVOLVES
 - CALLING 911 OR THE DESIGNATED EMERGENCY NUMBER
 - GIVING CHEST COMPRESSIONS
- USE HANDS ONLY CPR WHEN:
 - YOU SEE SOMEONE SUDDENLY COLLAPSE
 - THE PERSON IS UNRESPONSIVE AND NOT BREATHING NORMALLY
- LEARNING HANDS ONLY CPR CAN HELP SAVE LIVES

• HANDS ONLY CPR HAND & BODY POSITIONING

- HAND POSITIONING

- HEEL OF 1 HAND IN THE CENTER OF THE PERSON'S CHEST
- OTHER HAND ON TOP OF THE 1ST HAND AND INTERLACE FINGERS

- BODY POSITION

- SHOULDERS DIRECTLY OVER HANDS
- ARMS STRAIGHT, PUSH DOWN, AND LET CHEST RETURN TO NORMAL POSITION
- PUSH HARD AND PUSH FAST

HANDS ONLY CPR RESPONSE

- CHECK THE SCENE FOR SAFETY
- WHENEVER POSSIBLE, USE DISPOSABLE GLOVES WHEN PROVIDING CARE
- IF SAFE, TAP AND SHOUT TO SEE IF INDIVIDUAL RESPONDS
- LOOK FOR SIGNS OF LIFE SUCH AS BREATHING OR CHEST RISING
- TELL OTHERS NEARBY TO CALL 911
- IF NOT BREATHING OR GASPING, IMMEDIATELY PERFORM CPR
 - POSITION NEXT TO PERSON, PLACE HANDS OVER CHEST, STRAIGHTEN ARMS
 - PUSH DOWN AND HARD AT LEAST 2 INCHES
 - DO NOT STOP UNLESS TIRED,

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[HTTPS://WWW.YOUTUBE.COM/WATCH?V=-YQK5CHXSKO](https://www.youtube.com/watch?v=-YQK5CHXSKO)

PILLOWCASE PROJECT

- PREPAREDNESS EDUCATION PROGRAM FOR GRADES 3RD – 5TH
- TAUGHT IN 40 MINUTES
- TEACHES
 - FAMILY PREPAREDNESS
 - SAFETY SKILLS
 - BASIC COPING SKILLS
 - LOCAL HAZARDS
- PILLOWCASE AVAILABLE (WHILE SUPPLIES LAST)

PREPARE WITH PEDRO

- TAUGHT IN 30 MINUTES
- COMPLEMENTS THE PILLOWCASE PROJECT
- STUDENTS LEARN COPING SKILLS
- STUDENTS RECEIVE STORYBOOK (WHILE SUPPLIES LAST)
- TOPICS CAN BE:
 - EARTHQUAKE
 - FLOOD
 - STORMS
 - TSUNAMI

SOUND THE ALARM

- HOME FIRES CLAIM 7 LIVES DAILY BUT WORKING SMOKE ALARMS REDUCE RISK OF DEATH BY HALF
- BRIEFING INCLUDES:
 - HOME FIRE SAFETY CHECKLIST
 - DEVELOPING A FIRE ESCAPE PLAN
 - PRACTICE A 2-MINUTE DRILL
- CONTACT RED CROSS FOR A FREE SMOKE DETECTOR

BE RED CROSS READY

- PREPARE A KIT THAT INCLUDES
 - MEDICAL SUPPLIES TO INCLUDE EXTRA PRESCRIPTION
 - EMERGENCY EQUIPMENT SUCH AS RADIOS, BATTERIES, FLASHLIGHT
- MAKE A PLAN
 - IDENTIFY AND PLAN FOR DIFFERENT TYPES OF EMERGENCIES
 - DISCUSS AND PRACTICE WHAT TO DO DURING EACH EMERGENCY
- BE INFORMED

RED CROSS READY RATING

- FREE RED CROSS READY RATING PROGRAM IS A FREE WEB-BASED PROGRAM
- HELPS BUSINESSES, ORGANIZATIONS, SCHOOLS TO BE BETTER PREPARED FOR EMERGENCIES
- SELF PASSED ON-LINE ASSESSMENT
 - ACCESS TO ASSESSMENTS, TOOLS AND RESOURCES
 - PROVIDES A SCORECARD SHOWING LEVEL OF PREPAREDNESS

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• QUESTIONS