

## OPEN TO UMSL RETIREES

### You Are the Help Until Help Arrives



Trauma is the leading cause of death in Americans under age 46. Serious injuries require immediate action to stop someone from dying. While the Nation's emergency medical responders are quick to arrive, any delay between injury and the initiation of care can result in death. Those nearest to someone with life-threatening injuries are best positioned to provide the first care, which should focus on the most essential actions, including moving someone away from ongoing danger, controlling bleeding, positioning the injured so they can breathe, keeping them warm, and providing comfort.

Learn ways you might be able to help by taking part in one of the free personal emergency preparedness trainings being offered at UMSL this year. The two-hour course is designed to educate the public about the important role it plays in providing these potentially life-saving interventions prior to the arrival of emergency services.

The course will be taught by Dale Chambers, the Deputy Director of Emergency Management for the University of Missouri System. He has nearly two decades of experience with emergency preparedness and response in Missouri. Dale provides locally relevant information to this national personal preparedness training.

Registration is requested: <https://veoci.com/v/p/form/f5c7ty6ffuad>

Participants will learn how to:

Communicate with 9-1-1 operators effectively.

Act to protect the injured from further harm.

Position the injured.

Stop life-threatening bleeding.

Provide emotional support.