



**American
Red Cross**

Coles & Clark Counties Community Programs Brochure

Coles & Clark Counties

January - April 2012

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Dates to Remember

January - Blood Donor
Appreciation Month

January 16 - Martin Luther King
Jr. Day of Service

February 2 - Volunteer
Orientation/Disaster Services:
An Overview

March - American Red Cross
Month

March 1 - Volunteer Orientation/
Disaster Services: An Overview

April 15-21 - National Volunteer
Appreciation Week

April 21 - Shelter Operations &
Shelter Simulation volunteer
training

Local Volunteer Spotlight: Susan Kile



If you've ever wondered how the Red Cross is able to help so many people in Coles & Clark county, the answer is simple: dedicated and hard working local volunteers. A great example is Susan Kile, a Charleston resident who has been volunteering with the Red Cross for nearly five years.

"I took a Red Cross First Aid/CPR class and realized how important this information was and what a difference one person can make," Susan says.

Her experiences in the class motivated Susan to become a trained and certified Health & Safety instructor who educates others in lifesaving skills training. Since then, she has also volunteered with Disaster Services and has represented the Red Cross in the community as a parade walker. Her accomplishments also feature leadership roles that include being the current Chairperson of the Disaster Action Team and a volunteer on the Coles and Clark Counties Advisory Board.

"Volunteering with the Red Cross has given me a good feeling that I can help, and it is one way that I can give back," Susan says. "My volunteer experiences have opened my eyes and made me very thankful for what and who I have in my life."

Whether she is training a person in CPR/AED or First Aid or helping out on a disaster response, Susan has learned a key lesson about others.

"No matter the disaster, people in our community are always willing to help out - even for strangers."

To learn more about becoming a Red Cross volunteer, please visit www.il-redcross.org/coles or call 217-345-5166.

Community Disaster Education

The American Red Cross offers **free** presentations covering general Disaster Preparedness, or we can focus the topic to one hazard, including Fire Safety, First Aid, Tornado Safety, Water Safety and Winter Storms. These presentations are flexible for all ages ranging from grades Pre-K through 12th. Call **345-5166** to set up a time for the Red Cross to give a free presentation to your business, classroom, or community group today!

Safe Winter Driving Tips

For drivers, a pleasant winter drive can turn into a nightmare when snow and ice are added into the mix. Winter weather can be unpredictable and troublesome, but that doesn't mean you can't be prepared for the worst. The Red Cross has a few simple ways you can stay safe this winter while out on the road....



- Keep an emergency preparedness kit in your vehicle, along with extra winter gear and blankets.
- Listen to local radio stations to stay updated on severe weather announcements.
- Maintain extra distance between vehicles in front of you. Start stopping sooner at stop signs or red lights.
- Drive more slowly and cautiously, keeping alert for patches of "black ice."
- Keep your gas tanks at least half-full at all times.
- If you do get stuck on the road during a blizzard, crack your windows to avoid carbon monoxide poisoning.



Flexible Course Options

The Red Cross offers courses covering different combinations of first aid and CPR/AED for adults, children and infants. This allows you to choose a course that meets your individual needs. Businesses and organizations also have the flexibility to build customized programs to meet your employees' needs. Web-based learning options are available for content within the First Aid/CPR/AED program. Ask for details.

Outstanding Value

- Two-year certification with free digital refreshers
- Choice of free digital or affordable print course materials
- Continuing education units available
- Concise learner-centered course design emphasizes hands-on skills and learning application
- Incorporates the latest science and educational innovation; meets OSHA guidelines

•First Aid

Participants learn to recognize and care for a variety of first aid emergencies, such as burns, cuts and scrapes, sudden illnesses, head, neck and back injuries, and heat and cold emergencies.

Course Length: Approx. 3 hours

• CPR/AED—Adult

Participants learn how to perform CPR and care for breathing and cardiac emergencies in adults, as well as how to use an automated external defibrillator (AED).

Course Length: Approx. 3 hours

• CPR—Child and Infant

Participants learn how to prevent, recognize and respond to cardiac and breathing emergencies in infants and children under 12.

Course Length: Approx. 3 hours

• Standard First Aid with CPR/AED Adult

Course Length: Approx. 5 hours

• Standard First Aid with CPR—Infant and CPR/AED—Adult and Child

Course Length: Approx. 5½ hours



Customize Your Training Experience

Businesses and organizations can add the following modules to optimize your training experience.

- Bloodborne Pathogens Training (1½ - 2 hours). Teaches employees how to avoid exposure and what to do if exposed to infectious material. *Web-based learning options available.*
- Asthma Inhaler
- Anaphylaxis and Epinephrine Auto-Injector
- Using a Tourniquet



Train When, Where, and How You Want

Flexible delivery options let you offer training when it's convenient for you.

Option	Description	Benefit
Authorized Provider	Select employees are trained as Red Cross instructors and deliver training onsite.	Flexible scheduling; instructors are familiar with employees and procedures.
Full Service	A Red Cross instructor brings all supplies and trains at your facility.	Saves time and effort; instructors available for day, evening, and weekend training.
Community Service	Send employees to training at your local chapter or other community locations.	Ideal for small businesses or when only a few employees need training.
Web-Based Blended Learning	Initial training is completed online, followed by instructor-led skills practice and assessment.	Employees complete online portions at their convenience and at their own pace; skills reinforced during instructor-led session.

Get Started...

For a complete listing of training dates, times, and locations, contact 1-800-RED-CROSS or visit redcross.org



CPR/AED for Professional Rescuers and Health Care Providers

Purpose

Train professional rescuers to respond to breathing and cardiac emergencies in adults, children and infants until more advanced medical personnel take over.

Course Length: Approximately 5½ hours

Topics

Primary assessment, ventilations (includes BVM), choking (conscious and unconscious), CPR (one- and two-rescuer) and AED.

Features

- Two-year certification and free digital refreshers
- Choice of free digital or competitively-priced print course materials
- Concise learner-centered course design with emphasis on hands-on skills
- Latest science; approved by the Red Cross Scientific Advisory Council
- Flexible training delivery options – train at your facility or a local chapter; nationwide corporate training system available

Optional Professional-Level Training

- Asthma
- Anaphylaxis and Epinephrine Auto-Injectors
- And More

Get Started...

For a complete listing of training dates, times, and locations, contact 1-800-RED-CROSS or visit redcross.org

Babysitter's Training

The Red Cross Babysitting Training gives youth ages 11 to 15 years old the knowledge and confidence to care for infants and school-age children. You'll learn to be the best babysitter on the block. Plus, gain the confidence to make smart decisions and stay safe in any babysitting situation. Combining video, activities, hands-on skills training and discussion for a complete learning experience, Babysitter's Training teaches youth how to:

- Supervise children and infants
- Perform basic child-care skills such as diapering and feeding
- Choose safe, age-appropriate games and toys
- Handle bedtime and discipline issues
- Identify safety hazards and prevent injuries
- Care for common injuries and emergencies such as choking, burns, cuts and bee stings
- Communicate effectively with parents
- Find and interview for babysitting jobs



Participants receive the following materials:

- **Babysitter's Training Handbook**—full-color handbook filled with great information and resources to use in class and on the job
- **Babysitter's Training Emergency Reference Guide**—this easy-to-carry, compact booklet provides step-by-step instructions to handle common emergencies.
- **Babysitter's Training CD-ROM**—provides tools to run your babysitting business, including a babysitting organizer, a printable activity booklet with games, crafts, songs and recipes, a resume template and more.

Course length: 6 1/2 hours for core course; program offers a variety of additional topics that can be included in the training.

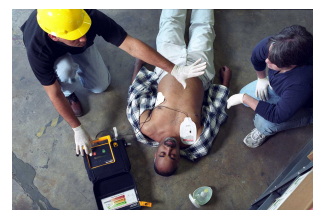
Automated External Defibrillators (AED)

Is your business or organization prepared?

The American Red Cross is the most trusted name in First Aid, CPR and AED training. We can help your business or organization decrease the incidence of serious injury or death by offering quality, nationally-recognized training and AED programs so employees are trained to recognize and respond to emergencies. The Red Cross can assist with:

- AED product demonstrations
- AED unit and accessories purchase
- Comprehensive AED program implementation
- Site analysis and AED placement support
- Qualified medical direction resources
- CPR/AED training programs

To learn more about creating an AED program in your organization, contact **Ellen Viotor** at **314-516-2272**.



Ready Rating Program: If an Emergency Strikes, Will Your Business Or School Be Ready?

Red Cross Ready Rating™ Program



The time to
prepare is now!

It's free.

It's easy.

It's necessary.

Visit readyrating.org
or call 877-
715-0123

The Red Cross Ready Rating™ Program is a free, web-based membership program designed to help businesses, organizations, and schools become better prepared for emergencies. Members complete an online self-assessment of their current readiness level and receive immediate customized feedback with tips to improve preparedness.

The Red Cross helps Members get better prepared with these five manageable and important steps:

1. **Commit to preparing:** Make preparedness a priority by committing to become a Member and taking the online assessment.
2. **Conduct a hazard vulnerability assessment:** Gather information about internal risks and external threats that could impact your organization's ability to respond to a disaster and recover.
3. **Develop or enhance an emergency response plan:** Create a plan describing the steps your organization or school will take to protect employees, staff, and students before, during, and after an emergency.
4. **Implement your emergency response plan:** Follow through on recommendations for improvement and integrate preparedness into your culture.
5. **Help others:** Commit to helping your community prepare for emergencies.



Become a Red Cross Health & Safety Instructor

Being a Red Cross Health & Safety instructor is both a fulfilling and rewarding experience. You must be at least 17 years of age and will need to successfully complete a Fundamentals of Instructor training course.

If you would like to learn more about becoming an instructor, or if you're ready to get started, contact 1-800-RED-CROSS. Current instructors with other providers may qualify for a quick bridging process.



Red Cross Preparedness Products

Shop the Red Cross Store and stock up on emergency preparedness kits, first aid supplies, reference guides, and Red Cross apparel while supporting the American Red Cross mission of helping families prevent, prepare for, and respond to emergencies.

Order Red Cross products at redcross.org/store

Available Volunteer Opportunities & Projects As of January 2012

Project Title	Project Purpose	Resources Required	Skills Required	Project Due Date
Resource Book Renovation	To update the Chapter's Resource Book with current phone numbers, contact info, and organizations who we can refer disaster clients to for help.	Access to phone and email.	Commitment to task, good organizational/ communication skills, and a flexible schedule.	March 2012
Securing New Facility/Vendor Agreements	To secure 10 new facility/vendor agreements. If possible, within every major town of the Chapter's jurisdiction. This will help better serve disaster clients.	Access to policy procedures and manuals that cover facility/vendor agreements.	Strong communication skills, computer-literate, able to self-manage.	July 2012
Grant Research	To discover any new corporate, foundation, or non-profit based grant opportunities the Chapter can apply for. Also compile a current and chronological calendar of grant deadlines.	Access to computer and email.	Some kind of research experience ideal, comfortable with contacting some grant organizations for additional information.	March 2012



Disaster Action Team (DAT)

We are always looking for volunteers to join our Disaster Action Team (DAT). DAT members are trained to respond to home fires and other disasters within the Chapter's jurisdiction of Coles and Clark Counties. DAT volunteers are on the frontlines of a disaster scene assessing damage, providing resources and support to disaster victims, and making the community a better place.



Community Preparedness/Disaster Education

The Coles & Clark Branch Office offers a variety of free presentations to educate the community on how to prevent, prepare for and respond to emergencies. Volunteer instructors deliver this information to groups of students and others from the community in an entertaining and informative way.

Office Volunteers

Office volunteers at the Red Cross devote their time to helping other people in need by supporting behind the scenes. The Red Cross relies on office volunteers to succeed in its mission. When you enter the Red Cross you are welcomed with smiling faces that will be willing to help you in any way possible. Duties include answering phones, assisting with mailings, light data entry, customer service, call volunteers, etc.



American Red Cross

Coles & Clark Counties

Coles & Clark Branch Office
825 18th Street
Charleston, IL 61920
217-345-5166
www.il-redcross.org/coles

STAY INFORMED ON CLASS
INFORMATION AND NEWS BY
LIKING US ON FACEBOOK!

ADDRESS SERVICE REQUESTED



United Way of Coles County, Inc.

Volunteer/Disaster Services Training (Free to the Public)

Intro to Volunteer Services:

Learn about all the different ways you can get involved as a Red Cross volunteer.

Thursday, February 2 from 5:30 - 6:00 p.m.

Thursday, March 1 from 5:30 - 6:00 p.m.

Thursday, April 5 from 5:30 - 6:00 p.m.

Disaster Services: An Overview:

The purpose of this course is to provide information about ways participants can help their community prevent, prepare for, and respond to emergencies and disasters. Participants also learn about volunteer opportunities at their local Red Cross chapter.
(No prerequisites)

Thursday, February 2 from 6:00 - 8:30 p.m.

Thursday, March 1 from 6:00 - 8:30 p.m.

Thursday, April 5 from 6:00 - 8:30 p.m.

Mass Care:

The purpose of this course is to prepare Red Cross volunteers to work in the Mass Care area on a Red Cross disaster relief operation.

Thursday, January 19 from 5:30 - 8:30 p.m.

Thursday, March 15 from 5:30 - 8:30 p.m.

Shelter Operations and Simulation:

The purpose of this course is to prepare employees and volunteers of the Red Cross and other agencies to manage shelter operations effectively and sensitively as a team while meeting the needs of people displaced as a result of a disaster.
(Prerequisites: Disaster Services: An Overview)

Saturday, April 21 from 9:00 a.m. - 4:00 p.m.

Client Casework: Providing Emergency Assistance:

The purpose of this course is to prepare Red Cross employees and volunteers to perform the tasks of an Individual Client Services casework service associate.
(Prerequisite: Disaster Services: An Overview)

Thursday, February 16 from 5:30 - 8:30 p.m.