



First Aid for Disaster Response

Saturday, Oct. 26, 2019

9:00am – 1:00pm

Lucas Valley Elementary
Multipurpose Building
1175 Idylberry Rd San Rafael
(Upper Lucas Valley) 94903

Pre-registration **required** (30
spots ONLY)

To register, please contact:

Kelby Jones:

kelbymjones@gmail.com

415.499.0871

Suggested \$5 tax deductible
donation to Marin Medical
Reserve Corps Foundation

First Aid for Disaster Response FADR

Life Saving Skills you'll use
when emergency professionals can't get there

Marin Medical Reserve Corps
Marin Medical Reserve Corps Foundation



Learn how to:

- **Recognize a basic life threat**
- **Clear and protect an airway**
- **Stop severe bleeding; includes principles and practice of tourniquet application**
- **Apply a splint and sling**
- **Safely lift and carry a victim**

“I feel more confident I can help, after taking this class.”

--FADR Participant

This four-hour, skill-building workshop trains participants to recognize life threats in 15 seconds, protect an airway and stop bleeding.

Although designed for non-medical volunteers, many MDs, RNs and EMTs have attended the workshop and evaluated it as a timely and valuable update in knowledge and skills.

Marin Medical Reserve Corps MDs, RNs and EMTs lead the training and provide individual coaching. Marin County Department of Health & Human Services will provide Continuing Education Credits to MMRC RNs and EMTs who complete the class.

The focus is to build skills to help save a life in the first few minutes to hours after a major disaster, when 911 crews likely won't be able to help everybody that needs help.

The class is very interactive in design:

- short lectures
- demonstrations
- ample time to practice skills
- expert presenters and coaches to guide your practice
- use first aid supplies you normally can find at home