

First Aid

First Responders

During an emergency, First Responders will be busy elsewhere, which means you may need to rely on yourself to treat not only your own injuries, but perhaps those of the people around you.

First Aid

Is literally the first treatment received. Depending on the scope of the injury, first aid administered immediately can make a tremendous difference in the recovery time and even the final outcome.

First Aid Kit

Everyone should have a first aid kit, from a box of band-aids to a full-blown trauma bag, depending on training and skill level. Have a first aid booklet stored inside your kit.

Training

Whether your training is a little or a lot, commit now to upgrading it and work to keep your knowledge current.