

We are hosting Steve Dehart, Emergency Medical Services (EMS) coordinator for Lake Oswego's Emergency Management Dept. Steve has extensive training in EMS and works out of the Westlake Fire Station.

Steve will cover the following topics including basic first aid and what to think about and do after a major disaster. How to think clearly to provide medical aid to injured neighbors is a vital component of emergency preparedness.

- 1 Apply techniques for opening airways, controlling bleeding, and treating shock.
- 2 Conduct triage under simulated conditions.
- 3 Perform head-to-toe assessments.
- 4 Select and set up a treatment area.
- 5 Employ basic treatments for various wounds.

These are topics that are covered in the Lake Oswego CERT program.

Everyone needs a brush-up on basic first aid. Everyone needs to know what is required to take charge of medical responsibilities after a disaster. Medical "crew leader(s)" for each street/area/apartment and condo complex also need volunteers who are also willing to help.