



Are you **first-aid** trained?

Sign up for Survival Instincts' workshop next week to be prepared for different types of emergencies

THE newspapers have enough cases of accidents, crime, terrorism and earthquakes to make us wish we were better prepared to deal with an emergency. This is where the American Red Cross Basic first aid course comes in. While the city has first aid courses organised by St John's Ambulance and Alert (Rotary Club of Chennai), the American Red Cross session, introduced here by Survival Instincts, an emergency first aid training outfit in Spurtank Road, Chetpet, will empower most people to deal with common domestic emergency situations (CPR, resuscitating a drowning victim, dealing with a choking baby etc). A more intensive session, over two days, will offer rigorous training on dealing with breathing and cardiac emergencies. The professional programme, which teaches trainees the basics of evacuation, patient immobilisation, wilderness medicine and so on, was introduced by Survival Instincts' founder, Anoop Madhavan in May after the recent earthquake. He says, "Only two per cent of Chennaiites are equipped to deal with emergency situations. It is not the lack of interest, but lack of infrastructure that causes this alarming deficiency of survival skills."

Instant response

As an emergency medical responder with the certification of the American Red Cross and a wilderness first responder certified by the Center for Wilderness Safety (US), Madhavan says, "Compared to other Indian metros, Chennai is relatively safe from crime, but common accident scenarios are on the road, silent heart attacks and choking in the case of young children." Taking the CPR (Cardio Pulmonary Resuscitation) will help, espe-

cially with those having a history of cardiac illnesses.

Course of action

Survival Instincts uses 'active' dummies, which mimic human body responses (electronic monitors) to ensure that the trainee can under-



Dealing with shock

- Have the person lie down
- Maintain body temperature
- Avoid food/drink till shock is ruled out
- Reassure and calm the person
- Remove any source of chaos from the vicinity (crying/angry people)

A basic workshop is on Dec 15, at 9 am. Fee: ₹2,500. The two-day advanced session costs approximately ₹3,500 each for 25 nos. Details: 9176693005

stand the repercussions of his/her actions. Madhavan, 36, says, "We have our own training rooms, medical equipment and supplies to conduct the programme according to the American Red Cross (ARC) standards."

— Reshma Iqbal

