

Becoming An Active Bystander



How would you respond if faced with an emergency?

This FREE 3-hour course provided by the Southwest Virginia Medical Reserve Corps will empower citizens Age 16 + to:

- Become actively involved in helping someone with an injury
- Understand the bystanders' role working with First Responders
- Use appropriate actions to comfort victims at the scene of a crisis
- Recognize self-care needs after helping during an emergency
- And recognizing the need for more training and volunteer service

FREE training to manage and help with:

- Bleeding
- Unblocking airways
- Not Breathing
- Burns
- Hypothermia
- Drowning
- Providing comfort care and
- What to tell EMS when they arrive on scene

March 15th @ 4:00 p.m.
Sleep Inn & Suites, 5625 Dickenson Hwy,
Clintwood, VA 24228
Register by contacting swva.mrc@gmail.com.

If interested in attending or hosting a class:
Contact Kristina Morris, Unit Coordinator
Phone/Text - 276-274-0555 or swva.mrc@gmail.com

