

# 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 2nd @ 6:00 p.m.**  
**Highlands Fellowship Church, 134 Commerce Court, Bristol, VA**  
**Register by contacting [swva.mrc@gmail.com](mailto: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](mailto:swva.mrc@gmail.com)

