



Custer County Health Department
Creating a State of Health

FOR IMMEDIATE RELEASE

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November 8, 2018

The Oklahoma Medical Reserve Corps (OKMRC) and the Custer County Health Department are presenting a free workshop entitled “You Are the Help Until Help Arrives” and “Stop the Bleed” tourniquet and wound-packing training. The event is set for Wednesday November 14, 2018 from 5:00 pm to 7:30 pm at Southwestern Oklahoma State University Walter D. Strother Building, Room 114, 100 E Campus Drive in Weatherford. This training workshop is open to everyone.

Trauma is the leading cause of death for Americans under 46 years old. The program teaches basic skills to help keep people alive and safe until professional help arrives. The workshop provides tools to educate and empower the public to act in an emergency before professional help arrives by taking five key actions:

- Call 9-1-1
- Protect the injured from harm
- Stop bleeding
- Position the injured so they can breathe
- Provide comfort

Life-threatening injuries require immediate action to prevent an injured person from dying. Those nearest to someone with life-threatening injuries are best positioned to provide first care, and become the first link in the chain of survival. Oklahoma Medical Reserve (OKMRC) members register by going to the OKCMRC calendar: www.okmrc.org. Non-OKMRC members can register by going to <https://www.surveymonkey.com/r/CarterUHASTB>.

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