



## **IFMAGNY holds seminar on emergency preparedness - Nov. 13**

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What would you do if the local news announced today that a Category 5 hurricane was headed our way into the NY tri-state area, with heavy rains and wind gusts of more than 190 miles an hour? How would you respond to ensuring the safety, not only of yourself, but of your loved ones too? Would you be prepared for a major emergency, such as a severe weather related disaster, fire, flood, blackout, or even another terrorist attack? What about an immediate medical emergency such as a stroke, heart attack, someone choking or more commonly a significant burn or laceration within your office, or home?

On November 13, more than 25 facility members of the N.Y. chapter of IFMA, gathered for a luncheon at the American Red Cross, located at 520 W 49th Street to discuss what many of us hope we will never have to encounter. Joe Woodill, an American Red Cross instructor, gave a presentation outlining how to be "Red Cross Ready" in Emergency Preparedness and the Five Actions needed to be proactive in the event of a situation.

The first and most important action is to "make a plan." Most individuals are simply not prepared enough if a disaster were to strike without warning. We never expect for something to happen to ourselves or possibly to someone close to us. Having a plan can help us to take action quickly and work as a team, whether at work or at home. Discuss a meeting place in case of an evacuation, ask an out of state relative or friend to be your contact, even discuss what to do with pets since public shelters don't provide care for pets in emergency situations.

Secondly, "build a kit," A simple first aid kit to handle most medical emergencies might be the first defense against any progressive complications. Preparing a "go bag" containing maps, flashlight, radio, batteries, water, food, personal medications, ID, cash, and bank papers, will be paramount in the event of an evacuation. Staying informed about the severity of a local disaster is also important in helping yourself, family members and others.

The third action is to "get trained." More than 10,000 volunteers were trained and certified last year in CPR/AED. Properly administered first aid or CPR/AED can help stabilize an injured or ailing person until professional medical assistance arrives. Training teaches you to check the "3 C's" 1. CHECK the scene or individual needing help. 2. CALL 911. 3. CARE for the victim - always ask a person for consent before administering aid.

The Fourth action is to "volunteer." Last year more than one million volunteers helped their communities prevent, prepare for, and respond to emergencies in America alone. Keep in mind, the American Red Cross is financed by public funds, so your contributions are always appreciated.

The fifth action is to "give blood." Every two seconds someone in the USA needs a blood transfusion. Donating blood ensures a safe and secure blood supply, especially during times of crisis.

For complete training, or to enroll in an American Red Cross first aid, CPR or AED course, visit [www.redcross.org](http://www.redcross.org). Together if we prepare, and follow these 5 steps, your ability to act quickly and appropriately can make a world of difference, and possibly save a life.

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