

Workshops for Families

What Your Family Needs to Know

911
THE RED BOOK
for Emergencies

How to develop a plan to insure your family's safety and happiness.

A. J. Lactaoen
Caryn Lactaoen

Coauthors of "The Green Book for Financial Security"

Workshops are based on the book "911-The Red Book for Emergencies."

Every 911 Workshop is divided into two parts in order to provide not only information but also the knowledge and skills needed in a crisis.

COMMON SENSE STRATEGIES 101

Basic (1 hour and 30 minutes)

Part 1 : The instructor will help families develop plans for dealing with any type of major emergency whether it is a medical emergency, an accident, a missing person, a victim of crime, a fire, a natural disaster or an act of terrorism.

Part 2: Hands on demonstration in Adult and Child CPR, First Aid techniques and the use of an Automatic External Defibrillator

COMMON SENSE STRATEGIES 102

Plus (2 hours and 15 minutes)

Part 1: Families will learn a life management system which empowers them to make better decisions every day.

Part 2: Hands on demonstration in all of the techniques established in Basic 101. Additional demonstrations include Infant CPR, Pet CPR, Rape Escape options and the use of a Flu Survivor Kit.

Workshops for Schools

Every 911 Workshop is divided into two parts in order to provide not only information but also the knowledge and skills needed in a crisis.

COMMON SENSE STRATEGIES 201 **For Preschool and Elementary**

Basic (1 hour and 30 minutes)

Part 1 : The focus is on Common Sense Principles – the lesson concentrates on how to predict risks and how to prevent or cope with emergencies of any kind which are likely to happen in a school setting. This workshop is designed for teachers, aides, chaperones, parent supervisors and baby sitters.

Part 2: Hands on demonstration in Adult and Child CPR, First Aid techniques and the use of an Automatic External Defibrillator

COMMON SENSE STRATEGIES 211 **For School Teams, Clubs and Organizations**

Basic (1 hour and 30 minutes)

Part 1: This Safety Training Program will help coaches, athletic trainers, parent supervisors and other participants to identify potentially dangerous conditions in a sports and/or social environment. The focus is on recognizing emergencies and making the appropriate decisions until more advanced professional medical care arrives.

Part 2: Hands on demonstration includes Adult & Child CPR, Infant CPR, First Aid techniques. Tips on how to assemble and use a Flu Survivor Kit.

Workshops for Businesses

Every 911 Workshop is divided into two parts in order to provide not only information but also the knowledge and skills needed in a crisis. The Workshops listed below are (1 hour and 30 minutes) and include the Hands on Demonstrations listed below.

COMMON SENSE STRATEGIES 301 **For Staff Members in Office Buildings**

Learn the basics of Workplace Violence, Managing Stress and how to avoid slips, trips & falls. Also included will be plans for evacuation and shelter in place procedures.

COMMON SENSE STRATEGIES 311 **For Staff Members in Restaurants**

Staff members are taught the elements of "Crisis Anticipation" – a lesson in how to predict risks and how to prevent or cope with emergencies of any kind which are likely to happen in a restaurant setting. Tips on food safety are included.

COMMON SENSE STRATEGIES 321 **For Staff Members in Resorts & Hotels**

Common Sense Principles on how to deal with any type of emergency is the primary focus. Integrating preparedness plans with family and guests is another feature of this Ohana Workshop.

Hands On Demonstration for all Workshops listed above:

Adult & Child CPR, First Aid techniques and the use of an Automatic External Defibrillator. Tips on how to assemble and use a flu kit.