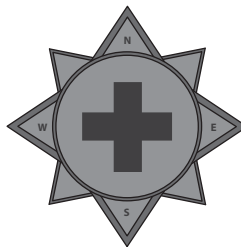


## LIFE SAVING AND FIRST RESPONSE

Have you ever attended an event and saw an ambulance and the staff standing around just in case something goes wrong? Well, if they always knew when there was going to be an accident, then they would always be right there where we needed them, but unfortunately we just don't know when the next accident is going to happen.

## FLIP OVER FOR YOUR NEXT CHALLENGE



### EARN THIS NUGGET

Attend a first responder course of some type. A general First-Aid or CPR course will also work. The Red Cross [www.redcross.org](http://www.redcross.org) runs courses all over the country offering training in all sorts of aspects of first response.

So the solution is that we have to be prepared. We need to be that “first responder” in the case of an accident, at least until the professionals get there.

And one piece of advice I have for you, don't assume the people around you know more than you. I have been in a situation standing around while a person died.

Assuming that other people knew what to do, the reality was I may have been the most qualified person there.

So get some training, and know that in your life time, the chances are you'll get to use it at least once or twice.

