



# InstructorFlash

# Winter 2007

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## More Programs Updated to Guidelines 2005

### Lifeguarding (released December 31, 2006)

Instructors will have the option to update online or attend a group orientation sponsored by their local Red Cross chapter. Materials that were pre-ordered can expect to arrive by mid-January. The Instructor's Corner is a Web site just for American Red Cross instructors. Visit Instructor's Corner to:

- [Review the Program Release Connection](#)
- Check the [computer requirements](#) and program [materials requirements](#)
- [Access the online update](#)
- View [fact sheets](#)
- Download the new [Lifeguarding Activity Report and Addendum](#) form and the [review questions](#)

### NEW!

**Be Red Cross Ready** – see page 3 for more details.

## Interim Guidance Available

### Babysitter's Training Interim Solution (released November 17, 2006)

[Download from Instructor's Corner](#)

### Emergency Response Interim Solution (released January 2007)

- Directions for using the revised CPR/AED for the Professional materials in the ER course
- Instructors and instructor trainers teaching Emergency Response must update by December 31, 2007.

### Sport Safety Training Interim Solution (coming soon)

- New handbook and directions for using the revised First Aid/CPR/AED (Workplace or Schools and Community) DVD
- Instructor's teaching Sport Safety Training only must complete an update by March 31, 2007.

Emergency Response and Sport Safety Training programs will require that instructors begin using the interim guidance within 6 months of the release of the interim solution.

## Question of the Quarter

### Q. What does an "instructor bridge" mean?

A. Instructors who are authorized to teach one American Red Cross Health and Safety Program can complete a "bridge" to be able to teach another program. Whether the bridge is a shorter instructor course or just a self-orientation, the instructor is responsible for obtaining the appropriate instructor and participant materials and becoming completely familiar with these as well as viewing all videos that supports the new program. Many instructor bridges require no paperwork from the instructor. Log on the Instructor's Corner Web site and click [Teach Additional Programs](#) to view resources that show what courses you can teach now and what you can bridge to teach:

- [Hierarchy Chart](#)
- [Bridging Chart](#)

## Ask the Expert

### Q. What is the science behind checking for a pulse on infant and children?

A. Most pediatric emergencies are initially respiratory in nature, which necessitates teaching rescue breathing to professional rescuers and certified lay responders (including childcare providers and teachers). In order to teach rescue breathing, one must also teach an assessment that delineates when rescue breaths alone are needed and when to begin CPR. The best method to determine this is through a pulse check.

Finding a pulse is difficult for both professional rescuers and lay responders; and while determining when rescue breathing is needed is important in the child and infant, if a responder cannot find a definite pulse or is unsure whether a pulse is present within 10 seconds, begin CPR.

Additional resources are posted on Instructor's Corner:

- o [The American Red Cross 2005 Guidelines for Emergency Care and Education](#)
- o [2005 Guidelines for First Aid](#)
- o [Advisory Council of First Aid, Aquatic Safety and Preparedness \(ACFASP\)](#)
- o [Ask the Expert/Frequently Asked Questions](#)

If you have a question about the science changes or the new materials ask your local Red Cross chapter or email [instructorscorner@usa.redcross.org](mailto:instructorscorner@usa.redcross.org)

## Instructor Development

### Seven Tips for Delivering Constructive Criticism

Copied with permission

By Barton Goldsmith, [www.BartonGoldsmith.com](http://www.BartonGoldsmith.com)

Ask most employees and they will tell you that they rarely get enough feedback—positive or negative. That's because most managers don't want to create conflict and they may not feel confident in their ability to deliver appropriate suggestions. For most people it's easy to see that someone isn't doing a job correctly, but it's very difficult to tell him or her how to do it better.

Here are some tips to help you give team members the feedback they need and want.

1. Make sure you have all the necessary information.
2. Choose the best time and place.
3. Talk about the performance, not the person.
4. Realize that the person you're giving feedback to may get defensive.
5. Use humor if possible.
6. Get a commitment.
7. Start and end with a compliment.

[Read more . . .](#)

DOWN TO THE WIRE - May 23, 2006  
Edited by April I. Torrisi

### One Sentence Answers

Copied with permission from The Echo

How many of us have answered a simple question with a long, rambling answer? One way to avoid this is to practice answering in a single sentence.

What's a good reason to simplify? The exercise of boiling an answer down helps you focus on your most important message. If you can give a one-sentence answer in practice (don't worry about how long it takes you to come up with it), you'll be less likely to over-explain or ramble when faced with that question in your important presentations.

That's just another reason that real practice, not simply re-reading your notes, is critical to success when the stakes are high.

The Echo

Your Weekly Presentation Tip November 22, 2006

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Register Now on Instructor's Corner at [www.redcross.org/instructorscorner](http://www.redcross.org/instructorscorner)

## ProductFlash

### Posters and Wallet Cards Now Available

The following products have been updated with the latest science for CPR and emergency cardiovascular care.

#### Lifesaving CPR Steps Poster

StayWell Stock No. 656704

Retail Price: \$19.75 / pack of 5

#### Steps for Choking Emergencies Poster

StayWell Stock No. 656703

Retail Price: \$19.75 / pack of 5

The two newly-revised posters, Lifesaving CPR Steps Poster and Steps for Choking Emergencies Poster, feature the latest science for CPR and emergency cardiovascular care and are perfect for workplaces, community centers, restaurants and social service organizations.

#### Emergency Action Steps Wallet Card

StayWell Stock No. English 656705, Spanish 656706

Retail Price: \$2.65 / pack of 25

The new wallet cards, also updated to reflect the latest guidelines, include at-a-glance information on infant, child and adult CPR and conscious choking procedures. The wallet cards include 4-color photographs and space for the user to write in their emergency contact information. The wallet card remains a tri-fold, available in both Spanish and English.

Suggested uses for the wallet card:

- Provide with a pocket mask, breathing barrier or first aid kit purchased from your chapter;
- Distribute it during classes to be used as a bookmark and for future reference and use in an emergency

Instructors may order the posters and wallet cards from StayWell.

### Revised Quick Reference Guide Available

StayWell Stock No. 652139

Retail Price: \$9.95 each

First Aid and Emergency Preparedness: Quick Reference Guide is a durable, spiral bound, color-coded tabbed guide that offers comprehensive step-by-step first aid and emergency preparedness information in a compact flip chart format. The guide has been updated with the latest science for first aid and includes information about bites and stings, burns, choking, drowning, heart attack, stroke and more. 80 pages, full-color.

## ProgramFlash

### Be Red Cross Ready

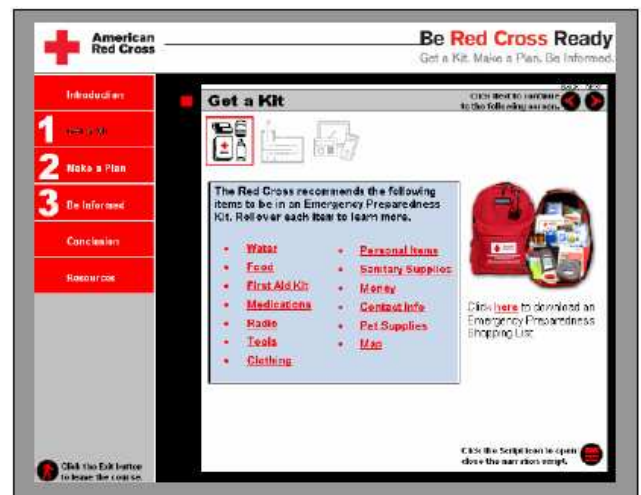
The American Red Cross will soon be releasing the new **Be Red Cross Ready** public educational program. The Be Red Cross Ready program is the next evolution of and replaces Together We Prepare. It includes:

- Three leader led educational presentations for use in a classroom or seminar setting (**UPDATED**)
- Online education presentation (**NEW!**)

The purpose of this program is to provide participants with the knowledge to prepare for possible disasters and other life threatening emergencies. Emergency preparedness education is a primary role of the American Red Cross.

**Program scope:** The Be Red Cross Ready release encompasses:

- First Aid and Preparedness Presentations for –
  - Primary School Students and Families
  - Middle School Students
  - Secondary School Students and Workplace Employees



- [Be Red Cross Ready Online Education](http://www.redcross.org/beredcrossready), (**available NOW!**) which can be accessed directly at [www.redcross.org/beredcrossready](http://www.redcross.org/beredcrossready).

Read the [Implementation Guide](#) for further information.

## Local Chapter News



In the time it takes you to read this information, sudden cardiac arrest will have claimed another victim. Statistics show that more than 200,000 Americans die of sudden cardiac arrest every year. Up to 50,000 of these deaths could have been prevented if someone had initiated the Cardiac Chain of Survival, and an **automated external defibrillator (AED)** had been available for immediate use at the time of the emergency.

The American Red Cross has developed an AED Training Device for our customers to use in their AED training classes. The decision to develop a Red Cross branded training device was based on feedback from our customers concerning the expense of purchasing multiple training devices for their use.

The device mimics the features and prompts of many live AEDs, and allows course participants to learn the general steps of operating an AED. It contains pads for both adult and child AED components and features a play/pause button and toggle switches that allow for the selection of two scenarios and two language choices (English and Spanish)



*Replacement Pads will also be available at \$20 for a pack of 6 adult or child pads.*

**\$75**

### Individual AED Training Device

- 1 device
- 1 set of adult pads with connector
- 1 set of child pads with connector
  - 4 AA batteries
- Instructor Information sheet

**\$300**

### Set of 6 AED Training Devices

- 6 devices
- 6 sets of adult pads with connector
- 6 sets of child pads with connector
  - 24 AA batteries
- Instructor Information sheet

## How do I get one?

The device will be ready to ship in March 2007, but we are taking pre-orders today!

**To order, call us at (719) 632-3563.**



## Local Chapter News

### Pikes Peak Instructor's Corner

The local Chapter's version of Instructor's Corner can be found at [www.pparc.org](http://www.pparc.org).

No registration is required to access this local site. Visit us online for helpful information such as:

- Authorization update information and prices
- Electronic course records
- Instructions for submitting electronic course records
- Course codes and components
- WSI Activity Report
- LSI Activity Report
- Archived Instructor Flash Newsletters
- Information on renting/purchasing equipment

### Re-entry process for instructors who did not complete the First Aid/CPR update before the December 31, 2006 deadline:

**Step 1** — Complete the Self Study Fundamentals of Instructor Training course

**Step 2** — Complete pre course test of skills & written (Challenge of the new material)

**Step 3** — Complete an Orientation to the new materials. This must be done with an Instructor Trainer (IT)

The cost for the re-entry course will be \$150.00 & will include all materials. There are NO dates set at this time, the schedule will depend on the demand. To express interest in completing this process, call **Larry Decker at (719) 785-2713**.

## Transfer of Instructor Authorization

**If an Instructor wishes to transfer to another chapter, the instructor must:**

- Notify the authorizing chapter and ask a Transfer Request
- Have a copy of instructor authorization certificate(s) from unit of authorization
- Ask new chapter for polices and procedures

**The Transferring Chapter must:**

- Fill out a Transfer Request form
- Send original records to new authorizing chapter
- Keep copies of records for at least 10 working days

**The New Authorizing Chapter must:**

- Notify current authorizing chapter they received records
- Notify instructor they received records
- Authorize a new Instructor Certificate with the same expiration date (place old one in file)
- Have instructor sign a new Instructor Agreement

## Answers to some burning questions...

### **When were the new CPR guidelines published?**

The newest CPR guidelines were published in late fall of 2005.

### **Why were the guidelines changed?**

Every five years experts from around the world ([Int'l Liaison Committee on Resuscitation](#) "ILCOR") meet with the goal of determining if any new discoveries affect the way first aid and emergency care are delivered. ILCOR evaluates the scientific findings and develops the [CoSTR](#) (Consensus on Science and Treatment Recommendations) document. Each CPR training and resuscitation organization is expected to develop its own guidelines and program materials. The American Red Cross Advisory Council for First Aid and Safety, with the participation of the American Red Cross Research and Product Development technical team, conducted their review of the science and produced the *American Red Cross 2005 Guidelines for Emergency Care and Education*. The *2005 First Guidelines for First Aid* were jointly sponsored by the American Red Cross and the American Heart Association.

### **Why does the Red Cross use the term abdominal thrust instead of Heimlich Maneuver?**

The American Red Cross, like other organizations, chooses to use the term "abdominal thrust" rather than "Heimlich maneuver" because the term "abdominal thrust" is descriptive of the action performed and easier for class participants to understand and visualize what is to be done to assist the person who is choking.

### **What prompted the change to add back blows?**

American Red Cross programs and products are designed based upon the most up-to-date science available on first aid, cardiopulmonary resuscitation (CPR), automated external defibrillation (AED) and emergency cardiovascular care (ECC). The *American Red Cross 2005 Guidelines for Emergency Care and Education* recommend using cycles of 5 back blows and 5 abdominal thrusts to treat conscious, choking children and adults. A review of the scientific literature suggested that back blows, abdominal thrusts, and chest compressions are equally effective. However, the use of more than one method to dislodge an object can be more effective.

### **Additional information:**

#### **What is recommended for a drowning victim?**

If a drowning victim is unconscious with no signs of life and rescue breaths do not make the victim's chest rise, the Red Cross recommends the use of modified CPR (performing chest compressions, looking in the mouth, giving rescue breaths).

Another result of the program updates is the Red Cross' innovative new approach to educating students. For the first time in Red Cross training history, students are able to utilize on-screen skills demonstrations while participating in hands-on instruction. This "practice-while-you-watch" instructional method is just one way the Red Cross is making it easier for everyone to be trained and certified in lifesaving skills. By practicing along with the video, students are more engaged and receive more one-on-one coaching by a Red Cross-trained instructor.

The Red Cross offers flexible training programs for first aid, CPR and AED. Flexible training allows you to customize a program that fits your specific needs. Red Cross instructors are available to schedule training with the specific courses your organization needs, at a time that is convenient – even nights and weekends. Whether you need first aid training yourself or CPR certification for your entire organization the Red Cross has high quality, cost-effective training options available for the workplace, schools and communities.

## Local Chapter News

### The Pikes Peak Chapter Response to the Castle West Apartment Fire

On Tuesday, January 16, 2007 the Pikes Peak Chapter dispatched a team of volunteers to assist victims of the Castle West Apartment fire on Colorado Springs' east side. Several hundred residents were displaced and your Red Cross was there to assist with emergency, disaster-caused needs such as a place to stay, food, clothing, shoes, winter coats, medicine and counseling. As of 5:00 P.M. Tuesday, January 30, the Pikes Peak Chapter had:

- assisted 356 men, women and children
- opened cases on 111 families
- provided 61 health care services
- provided \$134,000 in emergency assistance
- served 150 meals and 491 snacks
- distributed 158 Comfort Kits (kits include personal care items such as toothbrush, deodorant and shampoo)
- provided 341 counseling contacts
- 52 staff and volunteers assigned to the operation



Red Cross Shelter opened at Springs of Life Church



Red Cross volunteer caseworkers assist residents with emergency needs

### Instructor Trainer Process

If you've ever wondered what it takes to be an Instructor Trainer, here's how you do it:

- Have significant teaching experience
- Fill out IT application
- Committee approves application
- Teach a basic level course under observation of committee member
- Complete the Preparedness Training System (PTS) Course
- Co-teach Instructor Course with a member of the IT Committee
- Teach Instructor Course under observation of a member of the IT Committee

If you're interested in becoming an Instructor Trainer, contact **Larry Decker at (719) 785-2713**.

### Instructional Support Task Force Need YOU!

The Education Committee's Instructional Support Task Force is looking for volunteers to help the Chapter to monitor instructor quality and assist instructors with technical support. Members of the Instructional Support Task Force will visit with Authorized Provider instructors in order to further assist them with program and technical questions and will help ensure the uniformity of Red Cross courses being taught in our community. If you're interested in serving in this capacity, please contact **Larry Decker at (719) 785-2713 or [ldecker@pparc.org](mailto:ldecker@pparc.org)**.

## Local Chapter News

### Subscribe to Receive the Instructor Flash via Email!

Due to some additional grant monies, this edition of the Instructor Flash has been mailed to all instructors. We don't know if we'll have grant monies again for the next edition. If you would like to receive the Instructor Flash via email, please send an email to [hwalma@pparc.org](mailto:hwalma@pparc.org) with "Instructor Flash" in the subject heading and the following issues will be sent to you electronically. Otherwise, please watch your mail or our website for future editions.

### Don't Forget to Register on Instructors Corner!

[www.redcross.org/instructorscorner](http://www.redcross.org/instructorscorner)

On Instructors Corner you can find a link to **MAPP – Manual of Administrative Policies and Procedures** – a document which is helpful to all instructors.

The local Pikes Peak Chapter Instructors  
Corner can be found at

[www.pparc.org/HS\\_instructor  
corner.shtml](http://www.pparc.org/HS_instructor_corner.shtml)

Download Course Record forms, Activity  
Reports and get the new  
Course Codes and Components

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Colorado Springs, CO 80906

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