

Health & Wellness Committee

We are pleased to announce an update for the First Aid Kits located at Grace. The locations are listed below. Each First Aid Kit has been refreshed and restocked.

- Narthex (on top of the AED cabinet)
- Kitchen
- Nursery
- Office - in copy room
- Conference Room
- Youth Room
- Large Sunday School room with the sofa and refrigerator (used by Family Promise)
- Downstairs Sunday School Hallways - two are located on top of the fire extinguishers.
 - Down the hall from the Men's Sunday School Room and at the entrance to the Sunday School Hallway.
 - Near the door before the elevator on the left side. If you are exiting the elevator the first aid kit & fire extinguisher will be on the right as you pass through the doors.
- White House
- Van

Prior to this update, each downstairs Sunday School classroom had a First Aid kit. These have been removed and refurbished to add to other areas on the church campus. This removal and consolation were approved by the Learning Liaison to Church Council.

First Aid Stations - Our current one is in the Narthex and has a First Aid Kit, AED, Oxygen tank, and Blood Pressure cuffs – manual and automatic. Soon, we will have a second Emergency Station located at the desk outside the office. AED and equipment will be the same as in the Narthex. This will serve all our outside church groups that meet and use our facility as well as our staff.

An AED, automatic external defibrillator is used in the event of a cardiac (heart) arrest. It has been proven to save lives before reaching the emergency room. **AED saves lives!** They are simple to use but must be used by someone that has been trained. The American Heart Association and the American Red Cross frequently holds training classes. Healthcare workers are trained to use them. Frances Stockley is an American Heart Association CPR Instructor. She will be announcing CPR & AED classes later this summer. If you are currently trained in CPR & AED and willing to assist with emergencies would you please call or email Rick Richter or Frances and let them know as we assess the emergency preparedness at Grace Lutheran. Both Rick and Frances' contact information is in the church directory.