***BMWNorCal’s First Aid Member Clinic***

Training and education about first aid may not sound like something most people think about before it is actually needed, and many situations, this might be too late. Being there to assist family members, fellow riders, coworkers, and people in emergency situations could mean the difference between life and death. We have a number of events and rides coming up soon, so this is the perfect time to get trained in first aid together. BMWNorcal is investing funds so that its members can get the proper training. With that said, the training will be held at Moto Guild, San Francisco on Feb 17th, 2018 at 10am, and we hope to see you all there. The professional training will be led by Kurt Mathews and will take approximately 3.5 hours[[1]](#footnote-1). Coffee and bagels will be served, and there may even be some home baked goods if enough people sign up!

The training will cover the following concepts:

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| Subject | Explanation | Time in Minutes |
| Intro-Basic Concepts | Rules and Tips for Basic Responders | 15 |
| Scene Safety-Personal Safety | How to stay safe from hazards and communicable diseases   * PPE * Roadside Visibility | 15 |
| Legal Considerations | California Good Samaritan Law | 5 |
| Patient Assessment | Identifying Life Threating Conditions   * Shock | 15 |
| Trauma | Actions to:   * Reduce blood loss * Fight Shock * Reduce Injury | 30 |
| Medical | * Stroke * Anaphylaxis * Diabetic Emergencies * Heart Attack | 30 |
| Cardiac Arrest | CPR & AED | 30 |
| Scenario | Student Participation Activity doing CPR & use of AED | 30 |

For additional information and to sign up, please visit [www.bmwnorcal.org](http://www.bmwnorcal.org)

Sincerely yours,

Jorgen Larsen

BMWNorcal Motorcycle Club

Safetydirector@bmwnorcal.org

1. **Kurt Mathews, President**

   As a US Army Armor Crewman, EMT and retired Battalion Chief with over 25 years in the fire service, Kurt Mathews has a passion for safety.  In 2008, he began teaching Red Cross CPR for the Professional Rescuers and in 2014 he began teaching CPR and first aid classes for small businesses throughout central and northern California.  He quickly realized that most people don’t WANT to take a CPR Class but if you can make it fun as well as educational, adult learners not only enjoy the class but retain the information.  In 2017 Soundly Safe LLC was formed offering training in Basic First Aid, CPR, AED with Certifications available from the American Red Cross, the American Heart Association, and American Safety & Health Institute. [↑](#footnote-ref-1)