

From Farmington instructor Family learns advantages of first aid

First aid is a family affair for the George Siegels of West Bloomfield. Mother, father, sons, daughters-in-law, girlfriend and nephew and wife recently completed eight sessions of Red Cross first-aid training with instructor Mrs. Don Resnick of Farmington Hills.

According to Mrs. Siegel, a former physical education teacher, the family became interested through somewhat of a chain reaction. A daughter-in-law who works in a restaurant was on

duty when a customer collapsed. No one the restaurant knew what to do. She then decided to learn emergency first aid procedures.

By coincidence, the whole family was involved. Siegel, who works at the family heating contracting business in Farmington, decided to take the eight-session class so he could help in emergencies on the job. A son, Daniel, age 21, is an avid mountain climber and a ski instructor and thought first aid necessary for added safety on the slopes.

His girlfriend, Judy Weinstein, also of West Bloomfield, signed up for the class, as did another Siegel son, Richard, 24, and his wife Sally. When nephew Steven took the class along with his wife, Jill, he got a chance to use his new-found skills sooner than he had anticipated. While slicing vegetables one night, Jill managed to slice her hand in the process. Steven was able to administer first aid before rushing her to the hospital.

"I ADVISE everyone to learn first

aid," Mrs. Siegel said. "It's really valuable. We learned all types of resuscitation and we certainly can help with bleeding and burns. We also became more aware of preventive measures."

She said preventives include keeping all poisons out of the reach of children and keeping obstacles off the floor.

The popularity of first aid and safety classes was given a shot in the arm by passage of the Occupational Safety and Health Act. Just last year, Michigan passed its own act observing the federal standards, allowing the state to administer its own first aid programs.

George Wibby, director of safety programs for the Red Cross, said that the classes have become so popular that the 20 classes originally scheduled for this year had to be doubled and the Red Cross anticipates having to add even more.

AS IN THE case of George Siegel, many of the first aid students come from the construction industry, in compliance with the safety and health act.

The law requires that, in certain types of work such as construction and related industries, there must be one individual trained in first aid and occupational safety for each specified number of employees.

Besides being trained in first aid techniques and being supplied with the minimum first aid equipment, the "safety officer" must have at hand the telephone numbers of the nearest hospital and ambulance service in case of an emergency.

"Before, they had no pre-arranged plans," Wibby said. "If there was an accident it was only by the grace of God that a person got prompt treatment."

WHEN THE FIRST aid law first went into effect, Wibby said, officials were so concerned about getting programs started that there was little inspection of implementation. Now, however, there are inspectors who go on the job to check the safety officers' credentials.

The Red Cross has even begun receiving requests for training from office buildings where construction dangers are not present.

"The programs have also been beneficial away from the job," he said. "It has made employees a little more safety conscious."

Mrs. Siegel agreed that the course was certainly helpful, but it was also fun.

"We bandaged each other and practiced mouth-to-mouth resuscitation — on a dummy."



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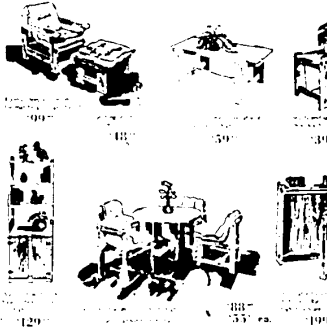
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Clarenceville plans gymnastic lessons

The Clarenceville School District will hold registration for the winter session of gymnastic lessons from 9 a.m. noon, Saturday, Nov. 15, in the high school gym, on Middle Belt, north of Seven Mile.

Classes will be offered to youngsters six and older. The course will include bending, tumbling, advanced beginning tumbling, intermediate tumbling, advanced tumbling, apparatus and trampoline.

Each class period will be for one hour on Saturday for eight weeks.

Houseplants — lecture topic

Dr. William H. Carlson, professor in the Michigan State University Department of Horticulture, will be the guest speaker at the Nov. 3 "How Does Your Garden Grow?" lecture sponsored by the Michigan Horticultural Society, the MSU Cooperative Extension Service and the Michigan Consolidated Gas Co.

Dr. Carlson will offer suggestions on houseplant care at noon in the second floor auditorium of the Michigan Consolidated Gas Co., One Woodward, Detroit.

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