

# Red Cross first aid app



**If a friend or family member was having a heart attack or was choking, would you know how to help them?**

The British Red Cross free app features simple, easy advice on 18 everyday first aid scenarios, as well as tips on how to prepare for emergencies, from severe winter weather to road traffic accidents.



With videos, interactive quizzes and simple step-by-step advice, it's never been easier to learn first aid.

The information you need is all hosted

on the app itself, meaning no internet connection is needed, making it fast and easy to access.

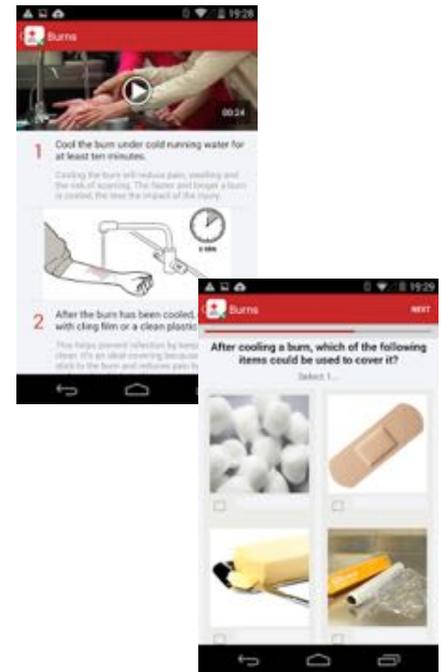
## Download the app

Visit the Apple App Store [www.bit.ly/apple-red-cross](http://www.bit.ly/apple-red-cross) or the Google Play Store [www.bit.ly/google-red-cross](http://www.bit.ly/google-red-cross).

## Share the app

By sharing this app, you can help save lives. Show it off to all your friends and family and get them to download it too.

For more information on this and the Baby and Child First Aid app visit British Red Cross [www.bit.ly/british-red-cross](http://www.bit.ly/british-red-cross)



# 'Storm selfies' are risking lives



Get ready  for winter

As winter storms make their presence felt, we are reminded that incidents of selfie related injuries continue to rise at an alarming rate. Therefore the Environment Agency and the Royal Society for the Prevention of Accidents (RoSPA) are warning that people posing for 'storm selfies' are putting their lives in danger.

Recently, coastal flooding led to people taking unnecessary risks to capture dramatic moments along the country's coastline. Videos of people getting swept along roads by waves even became internet hits.

David Walker, leisure safety manager at RoSPA, said:

"We understand the temptation to view powerful tides and weather conditions, however, if you get caught up or swept out to sea in these events your life will be at risk very quickly and our rescue services will also be at great risk. Listen to the advice of the coastguard and the

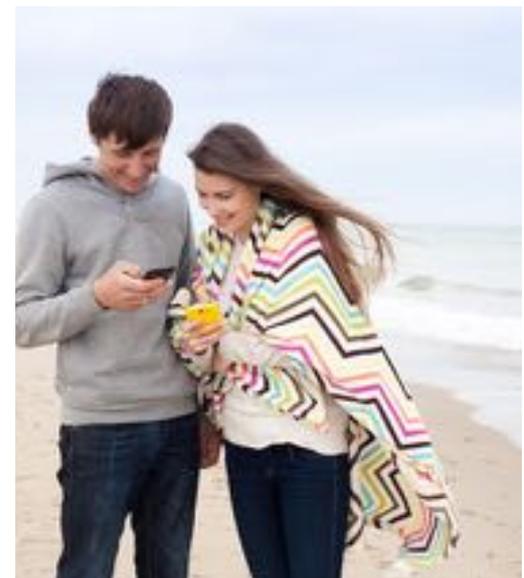
police about safe places to be. Floods are devastating so do not be afraid to seek medical help or support."

## Top tips to stay safe

- Try to avoid walking through flood water because there may be hidden hazards such as potholes and missing manhole covers.
- If you have to walk in a flooded area, be aware of the power of moving water, try to wear waders and take a stick to check the ground in front of you as this may save your life.
- Sign-up for the Environment Agency's free flood warnings, listen out for National Severe Weather Warnings from Met Office [www.bit.ly/Weather-Warnings](http://www.bit.ly/Weather-Warnings) and following advice from coastguards.
- Do not try to capture scenes of severe weather by taking 'selfies', getting too close to rough seas or walking in

exposed areas. Stay safe and consider whether it's necessary to venture out.

For more information visit the Met Office website at [www.bit.ly/storm-selfies](http://www.bit.ly/storm-selfies)



There are practical steps you can take to support your community in preparing for winter weather.

Winter weather can be beautiful, with clear blue skies and crisp snow. But in reality, we experience a whole range of severe weather that can have a major impact on communities. There are practical ways in which you can support your community in preparing for this.

It may be that your community is in an area susceptible to flooding, so you might want to get involved in helping to prepare for, and respond to flooding. It's not just your home that may be impacted by flooding, it's also businesses, schools and community venues.

Snow and ice is likely to affect us all at some point over the winter. Not only can it severely impact travel plans, but it can also really affect access to your home and to community buildings. Members of your community who are elderly and less mobile can be particularly affected by snow and ice, so there are ways in which you can ensure they don't get isolated.

It's not just individuals that can be affected in severe weather, it's also businesses and people's livelihoods. It may be a local farmer affected, or a small local business. Whether it's access to a building or site, or damage caused by weather, it still has an impact.

There is lots of information and guidance to download at [www.bit.ly/winter-communities](http://www.bit.ly/winter-communities) including:

- What to do in heavy rain
- What to do in widespread ice
- What to do in dense fog



- What to do in heavy snow
- What to do in strong winds

## Further information and support

For assistance with community Emergency Planning your first point of contact is your City, District or Borough Emergency Planning Officer.

You will find them listed below for reference and remember they are all there to help you!

Don't forget, the Devon Communities Together website has lots of useful information for both individuals and communities:

- [www.devoncommunities.org.uk](http://www.devoncommunities.org.uk)
- [What we do](#)
- [Devon Community Resilience Forum](#)

## Useful information:

CLEAR Plan	<a href="http://www.dcisprepared.org.uk/a-clear-plan">www.dcisprepared.org.uk/a-clear-plan</a>
Floodline	0345 988 1188
Environment Agency	<a href="http://www.gov.uk/flood">www.gov.uk/flood</a>
Consumer Council for Water	<a href="http://www.ccwater.org.uk">www.ccwater.org.uk</a>
National Flood Forum	<a href="http://www.floodforum.org.uk">www.floodforum.org.uk</a>
Blue Pages Directory	<a href="http://www.bluepages.org.uk">www.bluepages.org.uk</a>
Association of British Insurers	<a href="http://www.abi.org.uk">www.abi.org.uk</a> or 020 7600 3333
British Insurance Brokers Association	<a href="http://www.biba.org.uk">www.biba.org.uk</a> or 0870 950 1790
Royal Institute of Chartered Surveyors	<a href="http://www.rics.org/flooding">www.rics.org/flooding</a>
Know Your Flood Risk campaign	<a href="http://www.knowyourfloodrisk.co.uk">www.knowyourfloodrisk.co.uk</a>

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