

Alright you say, what in the world does this have to do with the GCSA of Northern California. Just one thing, getting to meetings. Would it not be more pleasant to ride to meetings with another superintendent than to make the long drive by yourself. Who knows you might also learn something new from this person.

For the next meeting, why don't you call your neighboring superintendent and invite him to ride with

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FIRST AID ON THE GOLF COURSE from Fore Front

What would you do if a golfer had a heart attack before your eyes? Would you recognize it as a heart attack? What would you do for heat prostration? Stroke? Poisoning? A serious laceration? A broken leg or arm?

How many of your employees would know what to do in any of these situations?

The employees and golfers at a course, while vulnerable to the normal range of afflictions requiring first aid, are even more likely to suffer from some of them than the average person. Strenuous work or recreation exposure to a variety of chemicals and the use of potentially dangerous tools and machinery all lead to an increased likelihood of injuries occurring on your golf course.

Every superintendent should have a well-thought-out procedure to put into action when a medical emergency occurs on his course.

Post the telephone number of the emergency care facility in your community near every telephone--a good place is in the front of the phone book. Many communities use "911" as an emergency number. Also, make sure you know where the emergency room in the nearest hospital is in the event that an ambulance is not available.

Strongly encourage your employees to participate in a first aid training course, and be the first to sign up. In many areas, the Red Cross will provide free instruction to your group, so the only cost is for materials. First aid classes are often offered through local adult education programs or from the Red Cross.

CPR--cardiopulmonary resuscitation--is another important skill for you and your employees to acquire. CPR is a method used by either one or two people to restart breathing and heartbeat in an injured person. The CPR method is not difficult to learn, but it has great potential for saving lives. The American Heart Association estimates that 100,000 lives a year now lost could be saved by basic CPR followed by advanced

life support. CPR training is often incorporated into first aid classes. Equip and maintain a first aid kit. Consider keeping kits at many locations around the golf course. Don't forget to replenish supplies as needed.

Finally, consider that the Red Cross estimates people who have had first aid training are much less likely to become injured themselves.

**OUR OBJECT: The Collection, Preservation and Dissemination
of Scientific and Practical Knowledge, and to Promote the Efficient
and Economical Maintenance of Golf Courses**

GOLF COURSE SUPERINTENDENTS ASSOCIATION OF NORTHERN CALIFORNIA

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FIRST CLASS MAIL