

# FIRST AID ON THE GOLF COURSE

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.

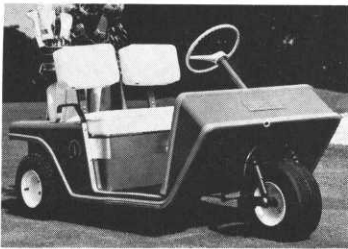
Strongly encourage your employees to participate in a first aid training course and be the first to sign up. In many areas, the Red Cross will provide free instruction to your group so the only cost is for materials. First aid classes are often offered through local adult education programs or from the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

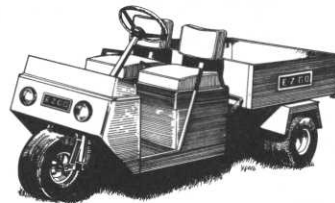
Equip and maintain a first aid kit at many locations around the golf course.

Reprint: FORE FRONT

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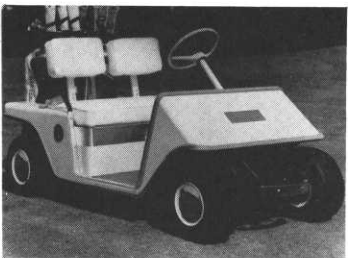


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