

Safety First

Sally Munson, RN, Health & Wellness Team Coordinator



Here are some helpful reminders to our parishioners about ways to practice “Safety First” as we go about our ministry on our church campus. You can encourage safe practices by:

- Working with a buddy when performing altar duties (carrying flower arrangements, decorating for holiday events, or working in the sacristy, kitchen or gardens, etc.)
- Telling someone in the church office if you are working alone. You can let them know where you are and carry your phone with you.
- Familiarizing yourself with the location of our first aid kits (one is located in the copier room next to the Narthex, and one is in the kitchen).
- Knowing where the automated external defibrillators (AED’s) are located (one on the right wall in the Narthex as you enter church and one in Parish Hall by the bulletin boards in the back).
- Remembering to call 911 if there is an emergency. If you are with someone who is not breathing, start Hands Only CPR.
- Letting an usher or person sitting near you know If you suddenly don’t feel well; so they can summon one of the nurses to assist you. If you are alone at church, use your phone and call for help. Don’t drive.

Questions? One of our Health & Wellness ministry nurses would be happy to help you. Please contact [Marolyn Findlay](#), [Genie Bushell](#) or [Sally Munson](#).

We hope this is a helpful reminder!