



NSC.org

Educate and influence people to prevent accidental injury and death

National Preparedness Month

The National Safety Council urges families and organizations to prepare for medical emergencies and natural disasters during National Preparedness Month this September.

Medical Emergencies

Become trained in first aid and CPR with AED. Ideally, at least one person in each household and workplace should have these lifesaving skills.

Research shows 75 percent of out-of-hospital cardiac arrests occur at home and 25 percent of hospital emergency room visits could be eliminated if someone knew first aid. Emergency care skills can mean the difference between life and death, temporary and permanent disability, and short- and long-term recovery.

NSC offers emergency care training year-round through its local chapters, in classrooms and online. Visit NSC's [Website](#) for chapter locations and local contact information.

Natural Disasters

Families and organizations also should prepare for natural disasters likely to affect their community. Familiarize yourself with local emergency plans and maintain an emergency supply kit. Be sure family members and employees are familiar with evacuation procedures and the location of emergency public shelters.

If you live on the Atlantic or Gulf coasts of the United States, hurricanes are a threat from June to November. Because hurricanes can be forecast several days in advance, you have time to [prepare](#).

National Preparedness Month is sponsored by the Department of Homeland Security's "Ready" campaign and Citizen Corps.

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