

# Santa Clara Valley Transportation Authority (VTA) Celebrates National Preparedness Month

## WEEK 4:

### You are the Help Until Help Arrives

This September, VTA is proud to participate in National Preparedness Month (NPM). We understand that emergencies can be unsettling, but being prepared can provide a sense of security and confidence. That's why during the month of September, VTA is sharing essential tips and resources each week to help you and your family, and colleagues prepare for emergencies. Week 4 focuses on You are the Help Until Help Arrives.

## 5 Key Actions to Take in An Emergency

### Call 9-1-1

- Provide the dispatcher with your location and the nature of the emergency.
- Follow any instructions given by the dispatcher.
- Certain VTA employees are trained in First Aid and CPR. If an emergency occurs, first ensure safety of the surroundings, then have another employee promptly notify an Emergency Response Team member for assistance.



### Stay Safe

- Ensure your safety first before helping others.
- Move away from any immediate dangers.

### Stop the Bleeding

- Apply steady, firm pressure on the source of bleeding until first responders arrive.
- Use a tourniquet if trained and if the bleeding is life-threatening.



### Position the Injured

- Keep the injured person warm and comfortable.
- Position them so they can breathe easily, usually on their side if unconscious.



### Provide Comfort

- Offer reassurance and stay with the person until professional help arrives.
- Keep them calm and informed about what is happening.

## Online Training Video

Complete the You Are the Help Until Help Arrives [online training](#) to gain the knowledge and skills to provide first care and potentially save a life. This training will empower you to act confidently in emergency situations.

For more detailed information and resources, we encourage you to visit [FEMA's Preparedness Community](#). This website provides resources and training to empower individuals to take life-saving actions before professional help arrives during emergencies.

This product uses material inspired by Federal Emergency Management Agency's Ready.gov but is not endorsed by the FEMA.