

Get the Card that Could Save Your Life

By Robert Ing, DSc, FAPSc, CPO

Everyday you hear an ambulance siren or read about a serious accident. There is a chance that one day you may be in the back of that ambulance or in a serious accident where you may not be conscious.

Who will tell the paramedics and emergency physicians about your medical conditions or medications you may be taking that must be considered in order to save your life? Seconds in delaying treatment could jeopardize your recovery.

Even if you are in top physical condition with no apparent medical problems, when you cannot speak for yourself as a result of accident or injury, information such as your age and blood type could be crucial to your survival. As well, information such as the name of your physician and who to contact in an emergency can promote your recovery.

No matter what your state of health is or even if you do wear a medical bracelet/necklace, carry an Emergency Medical ID Card with you at all times . . . it's the card that could save your life in an emergency.

Do these 6 steps for yourself and your loved ones:

- (1) Print this page,
- (2) cut out the card below,
- (3) fill in the blanks in pen,
- (4) fold where indicated,
- (5) carry it with your driver's license or credit cards, and
- (6) encourage family and friends to do the same.

EMERGENCY CONTACTS	PRIMARY MEDICAL CONDITIONS
Name: _____ Telephone: _____	1) _____
Name: _____ Telephone: _____	2) _____
Name: _____ Telephone: _____	3) _____
	4) _____
PHYSICIAN	
Name: _____ Telephone: _____	
Name: _____ Telephone: _____	
FOLD HERE	
H E R E	
EMERGENCY MEDICAL I D	
Name: _____	Drug Name: _____
Date of Birth: _____ Blood Type: _____	Dosage: _____ Frequency: _____
Organ Donor: <input type="checkbox"/> YES <input type="checkbox"/> NO	Drug Name: _____
Address: _____	Dosage: _____ Frequency: _____
Date Card Completed*: _____	Drug Name: _____
*Update this information every 2 years.	Dosage: _____ Frequency: _____
FOLD HERE	
Save A Life . . . Learn C P R	
www . EmergencyAcademy . com / 1 – 888 – 268 - 8411	

About the Author

Dr. Robert Ing is a forensic intelligence specialist with appearances on North American news networks. He is also an EMS instructor and provides training to public and private safety and security professionals through his company Emergency Academy.

For more articles by Dr. Robert Ing please visit www.drroberting.com For more information on the training programs offered by Emergency Academy please visit www.EmergencyAcademy.com

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