

Community Safety & Injury Prevention

The Salem Health Community Health Education Center (CHEC) offers several classes and outreach programs for Marion and Polk communities. Want to schedule our team to go out to your community? Visit salemhealth.org/chec or call 503-814-2432.

Stop The Bleed

Participants in the course will learn how to recognize life-threatening bleeding and act quickly and effectively to control it with three quick techniques. The ACS Stop the Bleed training course will empower you to make a life-or-death difference when a bleeding emergency happens.

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Infant CPR and Choking

The Family & Friends CPR Course teaches the lifesaving skills of Hands-Only CPR with breaths, and what to do for mild and severe airway block for infants. Skills are taught in a dynamic group environment using the American Heart Association's evidence-based *practice-while-watching technique*, which provides students with the valuable hands-on CPR practice time.

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Water or Bike Safety

Our programming will help community members of all ages learn best practices for fitting safety equipment like life jackets and bike helmets, understand potential hazards on roadways and in open water, and learn how to prevent traumatic injury.



Be SMART- Secure Storage

Secure Gun Storage Saves Kids' Lives - A one-hour presentation and discussion on the importance of firearm storage and how it is an essential part of keeping your family safe. Whether you're a gun owner, or you know someone who owns a gun, there is a role for everyone in the conversation around secure gun storage. Be SMART is a framework that parents, caretakers, and community leaders can follow to help keep their communities safe.

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Question, Persuade, Refer (QPR)

QPR is a simple process that ANYONE (13 years and above) can be trained to use, to help save the life of a person who is in crisis. During this two hour training, participants will learn:

- How to ask Questions to assess the situation
- How to Persuade the person to stay alive long enough to get help
- How to Refer them to a professional for help to get them through the crisis and treat any underlying mental illness
- How to prevent access to lethal means

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Empowered Relief

Train Your Brain Away From Pain® is a single-session (2-hour) evidence-based intervention that teaches participants effective pain relief skills to put you back in the driver seat to manage your pain.



Brain Agility

Explore the Brain Agility key concepts for keeping a healthy and youthful brain. Brain Agility is a unique program of mental exercises to enhance the brain's ability to remember, stay focused, be aware, and be alert.



Balance and Fall Prevention

Concerns about falling are a normal part of the aging process. In this presentation you will learn:

- How to identify common risk factors for falls.
- Fall prevention strategies designed to address a person's fear of falling.
- How to increase activity levels among older adults.
- Plus, discuss effective tools to create a safer living environment.



Clean Hands

Our hand washing program reminds children that infections can be fought through frequent hand washing. Children will learn how germs are spread, how to prevent the spread of disease, and how to properly wash their hands.



Freedom from Smoking

Quitting smoking is the most important thing a person can do for themselves and their family to be living a healthier life. Learn more about the tobacco cessation resources the Community Health Education Center has to offer.



Distracted Driving

A one-hour presentation about the dangers of distracted driving where you will explore the different types of distractions and learn what you can do to drive safer and help those around you to reduce distractions and help save lives. Because everyone has a part to play to keep our roads and communities safe.

