

Electric City H.O.G. Chapter #4769

March 2025 Newsletter By: Broadus B. King III

Congratulations! Neil Wagner, won the \$500 Timm's gift card on the Polar Bear Ride. Riding 435 miles. Registration started at 9am, with (KSU) at 10am. Returning back at 4pm with final mileage.

With Spring around the corner. Something to think about with more Motorcycles on the road. Do you have a Trauma Kit with you as you ride? Maybe even a small First Aid Kit? I would like to share some info I received from Accident Scene Management on building a First Aid Kit.

- Trauma Sheers
- Permanent Marker
- Surgical Tape
- Emergency Blanket
- Gauze Roll - 3"
- Triangular Bandage - 40x40"
- Nitrile Gloves (2 pair)
- Antiseptic Wipes
- Ziplock Bag (for contaminated objects)
- CPR Mask (Adult & Infant)
- Tourniquet
- 4x4 Sterile Gauze (2 - 4 each)
- Band-Aids
- Burn Gel
- LED Flashlight or Glow Stick (green/red with lanyard)
- Medical Pouch (for your supplies)

Remember to build your medical kit for your needs. List any allergic reaction on your phone, medical bracelet, or necklace.

If you can take A Crash Course for the Motorcyclist. I highly recommend it. Learn more about Assessing the Scene, Moving the Injured, Helmet Removal, Basic First Aid, using CPR Mask, and Tourniquet.. **PACT** (Prevent Further Injury, Assess the Situation, Contact the EMS, and Treat Injuries) and Treat Injuries using **ABCSS** of Trauma (Airway, Breathing, Circulation, Shock, and Spinal Stabilization).

Upcoming Rides in March

March 1st, Leap Frog Ride 10am-4pm

March 7th, ROMEO Ride to Andrews, NC 9:30am-5pm

March 13th, Dinner Ride to Copper River Grill in Seneca, SC 5pm-7

March 19th, ROMEO Ride to Cherokee, NC / Harrah's Casino 9:15am-4pm

March 22nd, Ride to Binion's Roadhouse in Hendersonville, NC 9:30am-5pm

March 26th, ROMEO Ride to Helen, GA 9:30-5pm

March 29th, Break On the Lake or Harris Landing in Greenwood, SC 9:30am-4pm