



## **THE SPRING LAKE FIRST AID AND EMERGENCY SQUAD**

Serving the Residents of Spring Lake and Spring Lake Heights 24/7

The squad seeks residents of Spring Lake, Spring Lake Heights, Belmar, Lake Como, Sea Girt and Wall (East of Rt. 35) - to join.

Did you know?

- The Spring Lake squad started in 1928. It is the oldest First Aid Squad in the area.
- The squad responds to more than 1,000 calls annually.
- The First Aid Squad supports every fire department call in both towns.
- Unlike other towns, there is no charge for an ambulance ride to the hospital.
- The First Aid Squad is staffed by volunteers, so the cost to taxpayers is minimal.

Who is on the Squad?

- Currently there are 35 active members from both towns.
- The members come from a variety of backgrounds: firefighters, law enforcement officers, engineers, physical therapists, business owners, mail carriers, nurses, lawyers, counselors, and teachers.
- All are volunteers!
- All receive thanks from their neighbors and the satisfaction of helping persons in need.

Where is the First Aid building located?

- 309 Washington Avenue in Spring Lake, between the Spring Lake Police Department and The Scone Pony.
- The first-class building has top notch equipment to fulfill its mission.

What is its Mission?

- To assist any resident or visitor in Spring Lake or Spring Lake Heights who may need emergency medical care and/or transportation to a local hospital.

How can you help?

- Become a volunteer!! If you have a heart and like to help others, you have the talent!!
- All members carry a beeper. Come when you can.
- Each emergency call requires about 90 minutes or less.
- We provide basic instruction on using a cot and helping persons onto a hospital bed.
- CPR and basic first aid training is free and provided on-site.
- Weekday-Daytime only, Probationary, and Driver-Only memberships are available.
- For those who express interest, members may pursue EMT training at no cost.

**Give us a call at 732-449-8810 or email us at  
SLFAS@springlakefirstaid.org  
We would love to talk with you!**

**Volunteering is a valuable resource for our community, and it feels good!  
Be assured that your neighbors who need the help will thank you.**