

ICE

'In Case of Emergency'



American Society of
Safety Engineers (ASSE)

What is ICE?

In Case of Emergency (ICE) is a new proactive effort designed to provide emergency personnel with 'next of kin' contacts via a patient's mobile/cellular phone in emergency situations.



Did you know...



Over 190 million people in the U.S. subscribe to a cellular phone service.

The idea for ICE came about in early 2005 from an ambulance driver in England, and since then has spread throughout Europe and North America.

About ICE...

- Police, fire and other emergency personnel across the U.S. are using this free service – checking cellular phones if those injured are incapable of providing the necessary medical information.
- Remember - ICE is a free tool to use with any cellular phone.

More about ICE...

- This system only works if you and others like employees, peers and family add ICE information to their cellular phones.
- Making ICE a common practice for cellular phone users will also help make it a routine measure for emergency personnel to check cellular phones when necessary.

Why use ICE?



- Even when carrying ID , such as a driver's license, it is still a good practice to use ICE.
- Your ID doesn't contain your emergency list of contacts, medical history, primary care physician, etc, which your ICE contact persons should have on hand. This information could be become valuable to emergency personnel in providing care.

How to use ICE



- ICE is easy to setup. On your cellular phone, add a new contact to your phone book.
- Enter the letters 'ICE' then type in your contact's name, followed by their phone number.
- In example...ICEjohndoe 555-555-5555.

How to use ICE

- Choose a phone number for your emergency contact that is easy to reach them by.
- Remember: home phone numbers are not useful during the day if they are not actually at home. Day and evening numbers should both be listed.
- If you add more than one ICE contact, then add a numeric order, such as ICE1 for the primary contact, ICE2 for the second, etc.

Setting up ICE



- Your ICE contacts should also be provided with your phone list of family members, primary care physician and also main work contact.
- Provide your ICE contacts with a list of your medical conditions, such as allergies, current medication and previous medical procedures.

Setting up ICE

- You must notify the individuals that you've added as ICE contacts, so they are aware and have agreed to this. This could be your spouse, parents, friend, etc.
- You need to keep the contact information current, and also update your ICE contacts of any changes in your medical history.

Setting up ICE



- Individuals under the age of 18 should list their guardian, mother or father as their contact.
- Use full names, not nick-names like 'wife' or 'dad'.
- ICE should be used by everyone with a cellular phone, including those traveling or living alone.

Be prepared: put ICE on your phonebook!

If more individuals add ICE lists to their cellular phones it can help increase use of this system by emergency personnel.

Just some of the places where emergency personnel are using ICE:

- Georgia
- Illinois
- Iowa
- Michigan
- New Mexico
- Texas
- Wisconsin

Why use ICE?

There are numerous scenarios that when using ICE could help emergency personnel quickly learn your medical history, taking minutes instead of hours to contact your next of kin.

Accident victims such as anyone unconscious or incapacitated cannot provide basic information such as their name or emergency contact information.

Common scenarios

I C E

- Suffering from a heart attack or stroke
- Unconscious from a concussion
- Blacking out/fainting
- Deceased
- Severe allergic reactions
- Joggers or bicyclers not carrying any ID and becoming injured
- Being injured while traveling abroad

Spread the word



- ICE is becoming more of a common practice - so don't forget to add it to your cellular phone **right now**. This is a proactive tool that can save lives and time.
- Spread the word of ICE to family, friends, coworkers and fellow ASSE members so they too can use this important tool.

Additional resources



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U.S. Dept. of Homeland Security
www.ready.gov for emergency
planning tips for businesses and
families.

Check with your local area police and
fire departments for more information
and to advocate ICE use locally.

Brought to you by:
ASSE Public Relations Committee



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