

American Society of Safety Engineers
IN CASE OF EMERGENCY—"ICE" FOR CELL PHONES

What: In case of emergency "ICE" is a proactive effort designed to provide emergency personnel with next of kin contacts via a patient's cell phone.

WHY: Police, fire and other emergency personnel across the U.S. are using this free service-checking cell phones if those injured are incapable of providing the necessary medical information.

HOW: Make sure your contact is easy to reach. Provide that contact with medical conditions, such as allergies, current medications and previous medical procedures. Also they have a phone list of family members, primary care physician and main work contact.

Follow these easy steps:

In your cell phone address book enter a new contact.

Enter the letters "ICE" then type in you contacts name and number.

If more than 1 "ICE" contact enter them in numeric order i.e. ICE 1, ICE 2, ICE 3 etc.