

Staying Prepared, Preventing Emergencies & First Aid Kits: Issue 4 • www.2health.com

ARE YOU PREPARED? *Imagine you are bleeding profusely in your kitchen. What is your first response? Would you call 911? Run to the neighbour? Get bandages from your First Aid Kit? Sounds like a plan....but wait.... where is the kit? It was here last month? And now there's blood everywhere! What if no one else is home?*

Have you: 1. Reviewed your First Aid training? 2. Bought first aid kits? 3. Equipped your home & vehicle 'just in case'? 4. Prepared your family & friends with training and practise drills? 5. Prevented emergencies?

WHY SHOULD YOU AND YOUR FAMILY BE PREVENTION-FOCUSED?

It's like life insurance - you can never plan an emergency. However, you can plan your preparation. It only takes a few hours to get it all together. If you are prepared, you will be calmer and more confident to deal with a bloody nose, a power failure or being stuck at the side of the road in winter. You and your family are worth the effort. Time invested now will get you out of a terrible situation later. Here are some tips...

TO DO NOW!

- Get First Aid Kits you know how to use and place them in easy-to-find places in your home, car, office
- Find your existing Kits - clean-up the contents, familiarize yourself with all the products
- Inspect all medications for expiry date, recalls and purpose of drug
- Be cautious about having too many ointments/ gels, pills, etc. in the kits - these could be a hazard to kids
- Travelling or on the road? Make a special kit for the car and suitcase
- Think bigger...prepare for a disaster - get the 72 hours emergency kit
- Sign-up for a first aid course or refresher course with your family/ friends

RESOURCES

Red Cross:
www.redcross.ca
City of Toronto:
www.toronto.ca/fire/emergencypreparedness
Government of Ontario:
www.healthyonario.com (search ABC)
Government of Canada:
www.safecanada.ca (click Emergency & Disaster)

THE LISTS

Make lists of emergency numbers, procedures & personal medical info for the family on the fridge, for the car, for the purse/ bag.



First Aid Kits available from 2HEALTH (call to order Red Cross Kits, masks & keychain face shields), Red Cross Branches, St. John Ambulance, major retail stores and pharmacies.

Remember: A cheap kit isn't always a deal. Look at the kit as if it will be used for you or your family. Are you confident using the kit and will the contents be sufficient?

FIRST AID KITS FOR EVERYONE



'ESSENTIALS KIT' /PURSE/CARRY-ON

1. Face mask/ face shield
2. Vinyl or latex gloves
3. Hand sanitizer/ antiseptic swabs
4. Bandages for bleeding
5. Instant cold pack



HOME FIRST AID KIT (content of Red

Cross Family First Aid Kit, also available at 2HEALTH)

- 1 thermal blanket, felt-like material
- 1 instant cold pack
- 1 pair of scissors
- 1 tweezers
- 2 vinyl gloves
- 2 pressure bandages
- 6 gauze pads
- 20 wrapped antiseptic towelettes
- 2 abdominal pads
- 1 roll adhesive tape
- 2 gauze rolls
- 5 knuckle bandages
- 5 large fabric fingertip dressings
- 25 adhesive bandages
- 1 triangular bandage
- 2 safety pins
- 1 small bag for personal first aid items



ON THE GO....PLANES, TRAINS, AUTO

Items from above plus include: rescue blanket, candles, garbage bags, seat belt cutter, light stick, matches

DIAPER BAG/ GYM BAG KIT

Customize your kit & include items from kits above.

DISASTER PREPAREDNESS KIT from Red Cross

The kit features over 85 essential items that will help support you during the first 72 hours of an emergency.

first aid scenario #2...

Remember your skills? Solve this situation!

? 2 toddlers at a birthday party: One burned his hands from the oven door and his friend is choking on a lollipop. How do you rescue them in 60 secs? *Answer next bulletin*

Answer to last month's scenario #1:

Remove her from car & place her on flat ground in a safe area away from car & traffic. Call EMS/911. Clean mouth, open airway, listen for breathing, give 2 breaths. If breaths aren't going in: give 30 chest thrusts, clean mouth and attempt breaths. Breaths go in: do CPR (30 compressions & 2 breaths) Continue until EMS arrives. Keep her warm. Great job!

This monthly 2HEALTH First Aid + Wellness Bulletin helps update your skills and keeps you First Aid savvy. Pass this on to friends!

2HEALTH helps thousands of people become rescue-confident since 1992 - in their home or office.

2HEALTH First Aid & CPR training is practical, fun + Red Cross certified.

Resource of the month:

www.getprepared.ca

Next month: What's so difficult about installing Car Seats? Get the latest facts!

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contact Kavita for questions about this Bulletin and for in-home or in-office First aid training