

Health *capsule*

A safe summer

National Drowning Prevention Week

National Drowning Prevention Week is from July 18 to July 25, 2009. The event increases awareness, across Canada, of the need for drowning prevention.

Branches throughout the country participate in varying ways to promote National Drowning Prevention Week. Watch your Branch Web site for a list of activities (www.sauvetage.qc.ca) or call at 1.800.265.3093.



Safety tips

- Build a lockable fence around your pool.
- Stay “within arms’ reach” of children.
- If children can't swim, insist that they wear a lifejacket or PFD at all times.
- Always swim with a “buddy”.
- Drain all backyard wading pools after use.
- Learn to swim and learn the life-saving techniques.

(Source: Lifesaving Society Website: www.lifesaving.ca)

First aid for emergencies – Cardiopulmonary Resuscitation :

1. Send or go for medical help.

2. Open airway – push back on forehead and lift chin.

3. Check breathing.
If the person is not breathing...

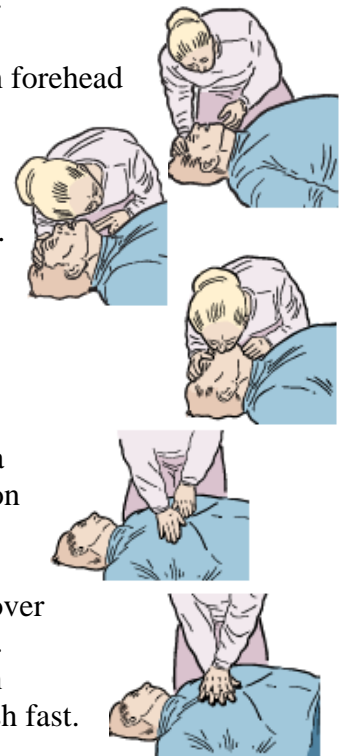
4. Pinch nose and make a tight seal over the mouth.
Give 2 breaths.

5. Make sure the person is on a firm flat surface. Place hands on centre of chest.

6. Position shoulders directly over hands and keep elbows locked. Compress firmly 30 times then give 2 breaths. Push hard - Push fast.

7. Continue cycles of 30 compressions and 2 breaths until help arrives.

(Source: St. John Ambulance Website: www.sja.ca)





What is Cardiopulmonary resuscitation?

Cardiopulmonary resuscitation (CPR) is an emergency procedure involving chest compressions (pressing down on the chest) and artificial respiration (rescue breathing). It has the power to restore blood flow to someone suffering cardiac arrest, keeping them alive until an ambulance arrives.

“First aid in the workplace” training

A minimal number of “first aiders” must be present in the workplace to ensure that any worker who has an accident or suffers from a sudden illness can immediately receive first aid.

For more information concerning this training, please contact the CSST at 1.866.302.2778.

Why get trained?

Once the heart stops pumping, seconds count. For every minute that passes without help, a person's chance of surviving drops by about 10%. But if you know how to respond to a cardiac arrest, a person's odds of survival and recovery may increase by 30% or more.

Learning CPR is easy and inexpensive – just a few hours could make an important difference in someone's life.

(Sources : www.heartandstroke.ca et www.csst.qc.ca)

Emergency Care Posters

St. John Ambulance offers these free posters to help you deal with an emergency situation. You can print them out for your place of work or home.

Emergency First Aid for Adults

Emergency First Aid for Infants & Children

Did you know that ?

Since May 20, 2008, a single three-digit phone number, 8-1-1, is all you need to reach Info-Santé. This easy-to-remember number can be dialled from anywhere in Québec, except Terres-Cries-de-la-Baie-James and Nunavik.

Info-Santé 8-1-1 allows you to reach a health care professional easily for non-urgent cases.

Info-Santé 8-1-1, make it top-of-mind!

What's Info-Santé again?

The Info-Santé service allows you to contact a health care professional about non-urgent problems. This professional consultation service is accessible by telephone 24 hours a day, 7 days a week, and is a major part of first line health care. It offers answers to common health questions and directs users to the right service in the health and social services network.

However, in an emergency, patients should go to an emergency room when possible, or dial 9-1-1 for help (police, ambulance, firefighters).

(Source : www.msss.gouv.qc.ca)



PLEASE NOTE: THE « HEALTH CAPSULE » IS FOR INFORMATION PURPOSES ONLY AND IS NOT INTENDED TO PROVIDE MEDICAL ADVICE.