

ST. JOHN AMBULANCE CANADA

**FIRST AID
AND SURVIVAL TIPS—
SPRING AND SUMMER**



St. John Ambulance

SAVING LIVES
at work, home and play

www.sja.ca

KEEPING CANADIANS SAFE



St. John Ambulance

St. John Ambulance has been ensuring the health, safety and quality of life for Canadians for well over a century. As a member of one of the world's oldest humanitarian organizations—the Order of St. John—St. John Ambulance Canada has been leading the way in public safety in our country since 1883. St. John Ambulance has become the first name millions of Canadians think of when it comes to public safety, first aid and CPR training and products. Across Canada, St. John Ambulance serves over 300 communities through more than 100 locations and 25,000 volunteers dedicated to the safety of Canadians.



St. John Ambulance offers Canada's most comprehensive first aid and CPR training programs. Each year, more than 6,000 St. John Ambulance instructors train over 550,000 Canadians in communities, schools and businesses. Choosing St. John Ambulance for first aid training will give you life-saving skills and help communities across Canada—revenue from our training programs support community services for seniors, youth, communities, and so much more.

Across Canada, St. John Ambulance offers over 30 first aid and CPR training programs including

- Standard First Aid Training
- Emergency First Aid Training
- Cardiopulmonary Resuscitation (CPR) Training
- Automated External Defibrillation (AED) Training
- Wilderness First Aid Training and
- Babysitter First Aid Training

Visit www.sja.ca or contact your local St. John Ambulance office for further information on first aid and CPR training.



While there is no way to predict when and where an injury or illness may occur, there is a way to ensure that you have the right tools when you need them. Being prepared and ensuring the safety of people you care about comes easily with the wide choice of first aid kits available from St. John Ambulance. Designed for peace of mind, St. John first aid kits ensure quick and simple access to the supplies you will need in an emergency. St. John Ambulance first aid kits are the perfect safety choice to keep at home, in the car, at the office or to take with you.

Available through retailers across Canada, online at www.sja.ca or through your local St. John Ambulance location, our wide range of kits includes

- Family Kit
- Vehicle Kit
- CPR Kit
- Sport Kit
- Compact Kit
- Fanny Kit
- Babysitter Kit and
- a selection of Industrial Kits

PLANNING AHEAD— YOUR KEY TO SAFETY IN THE GREAT OUTDOORS



St. John Ambulance

Are you going camping, fishing or hiking this season? Before you leave home, ensure that you are properly prepared. **Make it your goal to be able to answer “yes” to all of the questions below.**

1. Are you physically and medically fit to perform strenuous exercise over a long period?

Yes No

2. Have you taken a St. John Ambulance first aid training course?

Yes No

3. Have you let someone know

- Where you are going?
- What route you will follow?
- How long you will be gone?
- Who is going with you?

Yes No

4. Do you have a survival plan?

Yes No



5. Have you prepared a survival kit containing at least

- Waterproofed matches/butane lighters
- Flint and steel and some tinder cotton batting (in case matches get wet or used)
- Wire saw (to cut firewood, cord or rope, to make shelter, etc.)
- Unbreakable mirror (to signal with)
- Whistle (to attract attention)
- Beef cubes, raisins
- Water purifying materials
- Fish hooks and line
- Snare wire
- Candles
- Metal container (to store survival items and to be used as a cooking pot)

 Yes

 No

6. Have you planned to pack or carry

- An adequate first aid kit
- Special medications for conditions that you or anyone in your party may have
- A sharp hunting knife
- A compass
- Enough food for a least one extra day for every five days planned
- A drinking cup

 Yes

 No

SURVIVAL TIPS



St. John Ambulance

ANYTIME AN INJURY OCCURS OUTDOORS MAKE SURE YOU KNOW WHAT TO DO AND WHEN TO DO IT

Millions of Canadians love to spend time outside enjoying the natural beauty of our country. An outdoor excursion can be educational, challenging, exciting and fun—if you plan ahead. Planning ahead should always include knowing what to do in an emergency. These survival tips are intended to guide you in what to do until medical help arrives. Of course, the best way to be prepared is to take first aid and CPR training from St. John Ambulance.

1. TAKE CHARGE: Sit down and calm down. Assess the situation—get your bearings, evaluate your resources, decide on a plan and reassure others. Call out for help if you're alone.

2. ASSESS HAZARDS: Remove the danger or get the injured and others away from the danger to prevent further injury.

3. FIRST AID: Give first aid to anyone who has been injured including yourself.

4. FIRE: Gather, cut and shelter a supply of tinder and firewood. Build a fire; it gives heat, light and comfort. It dries clothes and signals your position. Never stand too close to a fire and never let a fire get out of control.

5. SHELTER: Protect yourself from the elements—take or, if necessary, make a shelter. A shelter could take priority over a fire in extreme weather. Watch for signs or symptoms of hypothermia or heatstroke.

6. SIGNAL: Make smoke, put out brightly colored clothing, or use your mirror to attract attention.

7. WATER: Find a supply of pure water or (if unsure) boil water for 10 minutes and allow it to cool before drinking.

8. FOOD: Look for sources of food, only when all other steps have been completed. Do not wander too far.

9. STAY PUT: Unless you know exactly where you are and you are positive you can travel to a known road or settlement, don't go for help. Your chances of survival are better if you stay where you are.

FIRST AID TIPS



St. John Ambulance

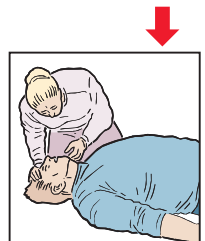
These tips have been put together with the help of experienced first aid professionals from St. John Ambulance Canada to assist you with several common emergency situations. However, they should never be considered as a replacement for a first aid course. In any emergency situation always obtain trained medical assistance as quickly as possible.

Cardiopulmonary Resuscitation (CPR)

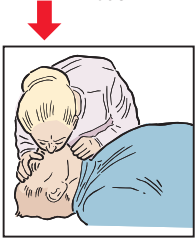
When breathing has stopped, start CPR immediately—seconds count! Brain damage and/or death can occur within minutes.

1) Tilt the head back by pressing down on the forehead with one hand, placing the fingers of the other hand under the chin on the bony part of the jaw and lifting forward. This will lift the tongue away from the back of the throat and will open the airway, allowing air to reach the lungs. Assess breathing; opening the airway may restore breathing spontaneously.

Open the airway



Blow into the
mouth



2) If breathing does not resume, attempt to ventilate the casualty with two breaths. Pinch the nostrils, take a normal breath, place your open mouth over the casualty's mouth making a tight seal, and blow into the mouth.

3) If the chest rises, give another breath with enough force to make the chest rise. Remove your mouth and let the air escape. If the chest does not rise after your first attempt to get air into the lungs, reposition the casualty's head, ensure good seals at the nose and mouth and try to ventilate again.

Begin CPR



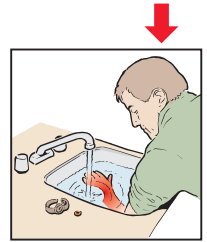
4) Begin CPR. Kneel so your hands can be placed on the centre of the upper chest and perform CPR in cycles of 30 compressions to 2 ventilations. Compress at a rate of 100 compressions per minute. **Push hard—push fast!**

St. John Ambulance recommends the use of a facemask or shield with a one-way valve when giving CPR. **Portable CPR Kits are available for purchase at www.sja.ca or by contacting your local St. John Ambulance office.**

Burns

1) Lessen swelling and blistering, and relieve pain by immediately immersing the burned area in cool water or by applying cloths soaked in cool water. Do not place a burn under extreme water pressure, such as a strong-running tap, since it may further damage the tissues.

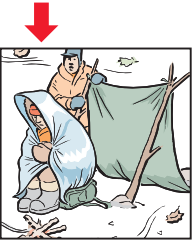
Immerse burn in water



2) Remove rings or other jewellery and constrictive clothing before swelling or blistering occurs. Do not remove clothing that is stuck to the burned area. Do not apply butter, ointments or oil dressings.

3) Cover the burned area with a dry, sterile dressing if possible, otherwise use a clean cloth.

Protect from cold

**Hypothermia**

Immersion in cold water or exposure to cool air while wearing wet clothing can lead to hypothermia—the generalized cooling of the body. Shivering, slurred speech, stumbling and drowsiness after exposure to cold are indications of hypothermia. The condition is severe when shivering has stopped. Unconsciousness and stopped breathing may follow. The goals of first aid are to prevent further loss of body heat and to get medical help quickly.

1) Gently move the casualty to shelter. When moving, keep a hypothermic person in a horizontal position, if possible, until re-warmed. Sudden movement or rough handling could upset heart rhythm.

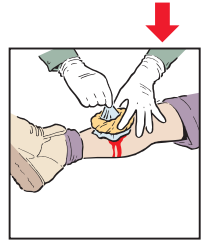
2) Remove wet clothing and wrap in warm covers. Give warm, sweet drinks if the casualty is conscious (no alcohol or coffee).

3) Monitor breathing. If breathing stops, begin CPR.

Fish Hooks

Cut the fishing line but do not attempt to pull out the hook. Stabilize the embedded hook.

Stabilize hook

**Sunburn**

For minor sunburn, place the person in the shade and apply cool water or cloths soaked in cool water. Commercial ointment or cream may be used. (Caution: an allergic reaction might occur.) Extreme sun exposure may cause swelling and blistering. Such cases should be treated as a severe burn (see Burns).

Heat Exhaustion

Heat exhaustion is caused by exposure to excessive heat and is often accompanied by nausea and vomiting. Some of the following signs and symptoms may be present: muscular cramps; headache; dizziness; exhaustion; cold, clammy, pale skin; weak and rapid pulse; and rapid shallow breathing.

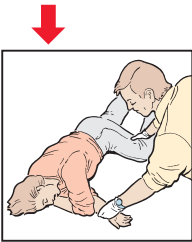
1) Place the person at rest in a cool place with feet and legs elevated. Loosen constrictive clothing and remove excess clothing.

2) Give a fully conscious casualty as much water as he or she is able to drink. If unconscious, do not give anything by mouth. Put the unconscious person into the recovery position. Monitor airway, breathing and circulation closely.

Heatstroke

Heatstroke, a life-threatening condition, is caused by exposure to high temperatures and hot, dry winds or high humidity and poor circulation. Signs and symptoms include a flushed face and hot skin, which may be either wet or dry, a temperature of 40°C (104°F) or higher, a rapid and full pulse, noisy breathing, restlessness, headache and dizziness.

Recovery position



Unconsciousness may develop quickly and convulsions may occur. The person may die unless the body temperature is reduced quickly. To do so, remove the casualty's clothing and bathe him or her in cool water or wrap in a wet, cool

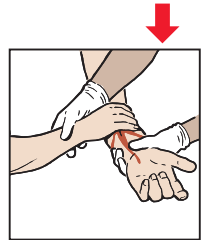
sheet. Keep the sheet wet. If unconscious, put the person into the recovery position. When the body temperature is lowered to 38°C (slightly above normal), cover the person with a dry sheet and keep as cool as possible.

Bleeding

Severe bleeding can be life-threatening.

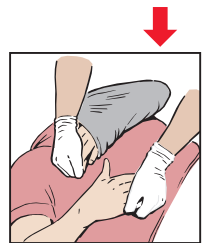
1) To control bleeding, first apply direct pressure with a gloved hand over a pad of dressings and place the casualty at rest. Do not remove blood soaked dressings; add another pad and continue pressure.

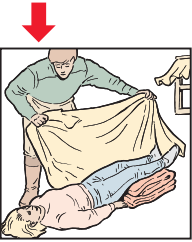
Direct pressure



2) When bleeding is controlled, secure dressings with a bandage. Check circulation below the injury before and after bandaging. When dealing with a bleeding wound St. John Ambulance recommends the use of non-latex gloves.

Bandage



Shock position**Shock**

Cold and clammy skin, a weak and rapid pulse, anxiety, nausea, vomiting, thirst and faintness are the signs and symptoms of shock. Signs and symptoms may immediately follow trauma or may be delayed. The best first aid for shock is proper care for the injury or illness that caused it.

- 1)** Ensure a clear airway and give CPR if necessary. Control severe bleeding if present.
- 2)** Cover the casualty to prevent loss of body heat. Loosen tight clothing. Reassure the casualty and handle him or her gently.
- 3)** Place the conscious casualty on his or her back, with feet and legs raised about 30 cm (12 in.), unless there is a head/spinal, chest or abdominal injury. Place the unconscious casualty into the recovery position.

Insect Bites and Stings

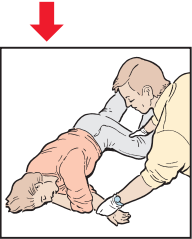
Signs of allergic reaction to bites and stings include swelling around the eyes and mouth, hives, severe nausea or vomiting, and difficulty in breathing.

- 1)** Get medical help immediately. Assist in administering any prescribed medication.
- 2)** Start CPR if necessary and take precautions to minimize shock (reassure the casualty and keep him or her warm).
- 3)** If the sting is on a limb, keep that limb below heart level. Place the casualty at rest.
- 4)** Remove the stinger by scraping it from the skin. Do not use tweezers since squeezing the stinger will inject more venom. To relieve irritation, apply rubbing alcohol or a paste of baking soda and water.
- 5)** If the sting is in the mouth, give a mouthwash of 5 ml (1 tsp) of baking soda to a glass of water or give ice to suck on.

Unconsciousness

Unconsciousness can be caused by many conditions such as a blow to the head, shock, stroke or diabetes. A physician should see anyone who is unconscious as soon as possible.

Recovery position



1) When you find someone unconscious, send or go for medical help immediately. If injuries permit, put the casualty into the recovery position before you leave.

2) Upon return, assess the airway, breathing and circulation. If the person is not breathing, begin CPR immediately. Control severe bleeding if present. Give ongoing care.

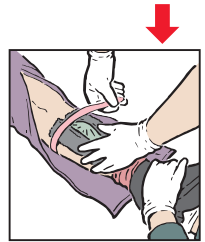
3) Place the casualty into the recovery position if not done already. Loosen constrictive clothing at the person's neck, chest and waist. Give nothing by mouth and keep the casualty warm.

Fractures and Sprains

1) Do not move the casualty unless he or she is in danger. Ask someone to steady and support the injured limb.

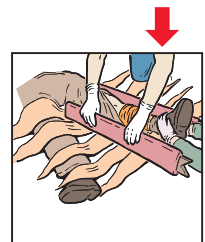
2) Dress any wounds to stop bleeding and prevent further contamination. Protect any protruding bones with a dressing and bulky padding lengthwise on both sides of the fracture.

Dress wound



3) Do not force bones back into the wound. If medical help will be delayed, splint the injured limb. Secure the limb to a padded splint ensuring the joints above and below the injury have been immobilized. Check for circulation beyond the injury, before and after applying the splint, by comparing the skin temperature and colour with the uninjured side.

Immobilize



4) Treat all sprains as fractures. For both sprains and closed fractures, apply an ice pack to reduce pain and control swelling (15 minutes on, 15 minutes off). Elevate the limb, if possible. Take measures to minimize shock.

Leeches and Ticks

Once a leech has taken hold, any attempt to dislodge it by force will do more harm than good.

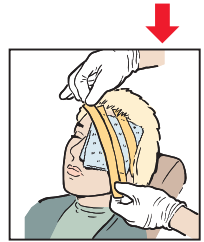
- 1) Apply a lighted match, common salt, a drop of kerosene or turpentine to its body—it will release its hold and drop off.
- 2) For embedded ticks, using covered fingers or tweezers, grasp as close to the skin as possible and pull the tick away with even steady pressure until it is dislodged (try not to squash the tick when removing it).
- 3) Keep the dislodged tick for later identification by medical personnel.
- 4) In both cases cleanse the area with rubbing alcohol. Relieve irritation with a weak solution of water and baking soda. Apply a clean, dry dressing.

Eye Injuries

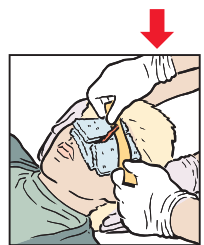
Eye injuries must be treated with extreme care. Lacerated eyelids usually bleed profusely.

- 1) Do not apply pressure.
- 2) Keep the casualty at rest.
- 3) Cover the injured eye with a soft pad, gauze or other dressing and arrange for immediate medical help.
- 4) If an object is embedded in the eye, do not attempt to remove the object. Place dressings around the object and cover the eye with a paper cup or cardboard cone, bandaged in place, to prevent the object from being driven further into the eye.

Cover eye



Stabilize object





IN AN EMERGENCY, CANADIANS CAN COUNT ON ST. JOHN AMBULANCE

In any disaster, human or natural, St. John Ambulance Canada volunteers are always there to offer assistance, expertise, caring and compassion. Our tradition of coming to the aid of Canadian communities stretches back well over a century.

Community Services—Caring for Communities from Coast-to-Coast

Today, in more than 300 communities across Canada more than 12,000 St. John Ambulance front-line volunteers provide over a million hours of community service. The financial contribution of St. John Ambulance volunteers could be calculated in hundreds of millions of dollars. This contribution to the safety of Canadians is immeasurable.



St. John Ambulance

SAVING LIVES

at work, home and play

ABOUT ST. JOHN AMBULANCE IN CANADA

First aid and CPR save lives. As Canada's standard for excellence in first aid and CPR services, St. John Ambulance plays an integral role in our society. Building on a 900-year tradition, St. John Ambulance offers innovative programs and products, ensuring Canadians receive the best quality training and expertise. People across the country benefit from the care and safety provided by St. John Ambulance community service teams.

Quick Facts:

- *Established in 1883 in Canada*
- *Member of one of the world's oldest humanitarian organizations—the Order of St. John*
- *Serving communities across Canada*
- *25,000 volunteers provide two million volunteer hours annually*
- *6,000 certified instructors*
- *Provides first aid and CPR training programs that contain the latest protocols and meet provincial and federal regulations*
- *Trains more than 550,000 Canadians in first aid and CPR each year*
- *Markets a complete range of high quality first aid kits and supplies for use at work, home and play*
- *Supports humanitarian relief efforts across Canada and around the world*



St. John Ambulance

SAVING LIVES
at work, home and play

www.sja.ca

For further information about St. John Ambulance in your community, please visit www.sja.ca or contact

Provincial and Territorial Offices:

British Columbia – Vancouver	(866) 321-2651
Alberta – Edmonton	(800) 665-7114
Saskatchewan – Regina	(306) 522-7226
Manitoba – Winnipeg	(204) 784-7000
Federal District – Ottawa	(613) 722-2002
Ontario – Toronto	(800) 268-7581
Quebec – Montreal	(514) 842-4801
New Brunswick – Fredericton	(800) 563-9998
Nova Scotia – Dartmouth	(800) 565-5056
Prince Edward Island – Charlottetown	(800) 618-4697
Newfoundland and Labrador – St. John's	(709) 726-4200
Northwest Territories and Nunavut – Yellowknife	(867) 873-5658
Yukon – Whitehorse	(867) 668-5001

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