

# Security Spotlight

*An informational Guide for Securitas Canada Clients and Employees*



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Securitas Canada Limited

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## Take Training to Heart



**February likely calls to mind Valentine's Day and images of heart shaped candy boxes and lace trimmed paper hearts exchanged in classrooms. But the connection between February and hearts goes even deeper.**

Since the 50's, the Canadian Heart & Stroke Foundation has recognized February as being "Heart Month" raising awareness and funds for in the battle against heart diseases and cardiac arrest.

Sudden cardiac arrest (SCA) can strike immediately and without warning. The victim's heart suddenly and unexpectedly stops beating. If this happens, blood stops flowing to the brain and other vital organs. Death can occur within minutes if the victim receives no treatment.

The Canadian Heart & Stroke Foundation reports that less than 5% of all people who have a SCA outside of a hospital setting survive each year - that's over 36 thousand people every year who die before they even reach the hospital. That's one person every 14 minutes.

However, the odds of survival rise dramatically if witnesses provide quick and proper response to the victim while waiting for emergency personnel to arrive. The Canadian Heart and Stroke Foundation estimates that when immediate CPR and defibrillation is delivered within the first five minutes of collapse, survival rates for SCA victims can be greater than 90 percent.

### **First Aid, CPR and AED Training**

Clearly, First Aid, CPR and AED training can save lives. Certified training courses in CPR and AED are available through many organizations including the Canadian Red Cross, St John's Ambulance, and many local independent first aid training suppliers. Some Securitas customers may require security guards to be certified in First Aid, CPR and AED to work at their job sites.

Securitas Canada has partnered with the Canadian Red Cross to provide the First Aid, CPR and AED training. For people who require this training for their position on a site, courses are available through many of our local training departments or through the Canadian Red Cross. Ask your Manager about taking a course today. For those who would like to take this training however are not required to have this training on their site Canadian Red Cross has reduced its training costs by 5% to all Securitas employees. Just call the National Accounts Service Centre at 1-877-692-6644 and book an appointment with a local trainer letting them know you are a Securitas employee and you will receive a discount of 5% on the cost of the course. The different courses available are:

### **Standard First Aid & CPR (16 hours)**

This course provides comprehensive First Aid & CPR techniques for those who want more knowledge to respond to emergencies in the home or workplace. A variety of topics are covered from basic first aid such as cardiovascular and breathing emergencies, CPR, prevention of disease transmission to more severe sudden medical conditions and injuries to the head and spine.

### **Emergency First Aid & CPR (6.5-8 hours)**

This course provides simple First Aid & CPR techniques taught in an interactive environment, for individuals who want an overview of First Aid & CPR for the home or workplace. The course covers skills needed to recognize and respond to cardiovascular emergencies for adults, CPR, and other topics such as choking, airway and breathing emergencies and prevention of disease transmission.

### **CPR/AED (Level A: 4 hours, Level C: 5 hours, Level HCP: 6 hours)**

This course is designed to provide various levels of CPR training based on participant's background, needs and interest.

A presentation on how to use an Automated External Defibrillator (and certification) is also provided with the course where local legislation permits. Levels A, C and HCP available depending on the skills needed.

### **Know the Signs**

Learn to recognize the signs of a cardiac arrest so you can react quickly to save a life. It is important to understand that warning signs can vary from person to person and they may not always be sudden or severe. Although chest pain or discomfort is the most common symptom of a cardiac arrest, some people will not experience chest pain at all, while others will experience only mild chest pain or discomfort.

Chest pain, shortness of breath, nausea or vomiting, and dizziness were the most common heralds of an impending cardiac arrest. However some people may also experience light-headedness, unusual fatigue, heat / flushing, cold sweats and / or pain, numbness, or other uncomfortable sensations in one or both arms, the back, neck, jaw, or stomach.

## **The Heart of the Matter**

The Canadian Red Cross asserts that anyone can learn CPR—and everyone should! Security guards are often first responders to emergencies at client sites, and your life-saving skills can be invaluable in the workplace. Moreover, the Canadian Heart and Stroke Foundation reports that as many as 78% of all cardiac arrests occur in homes. So statistically speaking, if you are called on to administer CPR in an emergency, the victim is likely to be a friend, neighbor, or family member.

What better way to celebrate February as "Heart Month"—and what better Valentine's Day gift for your loved ones—than to take life-saving training to heart?