

Security Spotlight

An informational Guide for Securitas Canada Clients and Employees



Securitas Canada, February 2017

Getting to the Heart of the Matter



Anyone can learn CPR, and everyone should! Security guards are often the first to respond to emergencies at client sites, and their life-saving skills can be invaluable in the workplace. The Canadian Government reports that heart disease is the second leading cause of death in Canada, and only a small percentage of those having a heart emergency will receive the aid they require prior to emergency assistance arriving on scene.

[Getting to the Heart of the Matter](#)

What better way to celebrate February as "Heart Month" and what better gift to give for Valentine's Day than taking life-saving training to heart?

The Heart and Stroke Foundation claimed February as "**Heart Month**" in an effort to urge Canadians to join the battle against heart disease and cardiac arrest. Sudden cardiac arrest (SCA) can strike quickly and without warning. The victim's heart suddenly and unexpectedly stops beating. When this happens, blood stops flowing to the brain and other vital organs. Death can occur within minutes if no treatment is given.

Many sudden cardiac arrest victims die before they ever reach the hospital. However, the odds of survival rise dramatically if witnesses provide quick and proper response to the victim while waiting for emergency personnel to arrive.

[CPR and AED Training Online](#)

CPR and Automated External Defibrillator (AED) training can save lives. Certified training courses in CPR and AED are available through many organizations including the American Red Cross, and local emergency services departments. Many companies provide CPR training, and some Securitas clients may require such certification of security officers before they are allowed to work at their job sites.

Courses are available through the Securitas Online Academy and can be taken by employees with management approval. Courses can be completed at the user's convenience and at his or her own pace. Online courses include interactive exercises and videos, and can be used for initial or renewal training.



Cardiovascular Disease Prevention

As stated by the Heart and Stroke Foundation, "Prevention starts with knowing your risk. Nine in ten Canadians have at least one risk factor for heart disease and stroke. Almost 80% of premature heart disease and stroke can be prevented through healthy behaviours." Healthy behaviours include, but are not limited to:

- Eating Healthy - include a combination of nutrient dense protein, fats and carbs in every meal; avoidance of added sugars and processed foods
- Being active - a daily recommendation of 30 minutes of moderate to intense activity/exercise
- Living smoke free

This guide is for informational purposes only and does not contain Securitas Canada's complete policy and procedures. For more information, contact your Supervisor or Branch Manager.