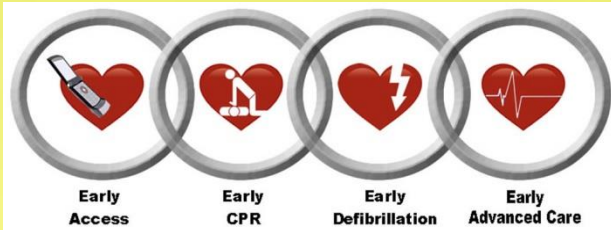


# Health information for

# January



## Heart Awareness Month:



Push hard and fast in the middle of the chest for 30 compressions to the beat of

♪ Staying Alive ♪ give two breaths and repeat the process until an AED or medical help arrives.

## Heart Awareness Month:



### Locations:

1. Foyer at Top Office;
2. Ambulance (plus Trauma Pack)
3. First Aid Room at Plant (plus Trauma Pack)
4. Coronation in the Supervisors Office (plus Trauma Pack)
5. Heavy Vehicle Workshop
6. MineStar / FRUG Offices
7. FRUG Underground Crib.

Trauma Packs underground are located in refuge chambers - 1B9, SP15, 2NCU1, RAR, 2K6 but not at Crib Room.

Once turned on the AED Machine will talk you through what to do!

## First Aid Topic #1



**Stop!**  
Take several Breaths  
Examine the scene  
"CALM DOWN"

**Think**  
Safety of yourself, bystanders and patient  
Mechanism of injury (what caused the event)  
Unknown Hazards

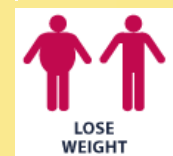
**Observe**  
Are there hazardous conditions such as smoke, water, ice, unstable ground, weather, crowds, electricity etc.

**Protect & Plan**  
Protect yourself and the patient from Infection and any other hazards.  
Eliminate the transfer of body fluids.  
Use gloves.

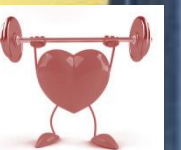
**Attend to anyone who is unconscious first!**

# smokefree Month

## Heart Awareness Month: Keep that heart Healthy!



New Year, new you!  
Start Now!



# 2015