

Keeping up to date | February 2014

Happy Valentines Day from the team at KMR Safety First

♡♡♡ Love your heart ♡♡♡

A heart attack is an emergency and every minute counts. People who have a heart attack usually experience some warning signs. However, symptoms vary and they may not always be severe. Learn the warning signs, because the sooner you recognise your heart attack and get treatment, the better.

Cardiopulmonary Resuscitation (CPR)

Performing CPR can help save a life, often the life of a family member or someone you know. It is vital that defibrillation and cardiopulmonary resuscitation (CPR) are given as soon as possible, along with calling Triple Zero (000), to provide the best chance of surviving a cardiac arrest. In our CPR courses the student will learn to respond to signs of an unconscious casualty, perform CPR and communicate details of the incident to emergency personnel.

Book your Perform CPR course today!



Defibrillation

For every minute a patient is in cardiac arrest (without intervention), their chances of survival drop by approximately 10%. Survival rates are highest when defibrillation is delivered within minutes of the time of collapse and through greater defibrillator availability, survival rates will improve.

You can make a Defibrillator order through KMR Safety First

New Enrolment Process

As of 2014 we are implementing a new method of enrolment into courses. We require your enrolment form and payment advice form to be filled out and sent to us prior to the course commencement. Your booking into a course will not be confirmed until both forms and payment have been received. The enrolment form and payment advice form can be found on our website or, can be emailed to you if you phone to find a course that suits you. You can also still make bookings via our website

www.safetyfirst.com.au



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NEW! Emergency Response Coordinator Training Course

The role of the Emergency Response Coordinator (ERC) covers a range of responsibilities in prevention and management of injuries. The roles for the ERC is:

- to provide an effective first aid and immediate injury management to players at AFL training sessions and matches.
- to maintain and stock adequate and appropriate first aid kit for the AFL club
- to ensure accessibility to sport-specific rescue / transport equipment at all training and competition venues.
- to provided duty of care and meticulous record keeping of incident reports associated with the clubs and its players

This course has been specifically designed to meet the needs of all ALF clubs to provide Emergency Response Coordinator at all matches/competitions and where practical training/practice sessions.

Emergency Response Coordinators will have the skills for emergency planning, on-field injury assessment and communication, emergency response priorities and procedures, as well as calling an ambulance and patient transporting.

It is now a requirement to have an ERC present at every match from age 13 and up, as shown in the table below.

Level		<i>Senior 18+</i>	<i>Youth 13-17</i>	<i>Auskick/Junior 5-12</i>
Match	Recommended	Trainer	Trainer	Trainer
	Minimum	ERC	ERC	Current First Aid
Training	Ideal	Trainer	Trainer	Trainer
	Recommended	ERC	ERC	Current First Aid

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Samantha

Staff Profile

My role at KMR Safety First is predominantly the processing and issuing of certificates, but you may also see my face out on training as an assistant.

I first started at KMR Safety First at the age of 12, performing small office and organisational tasks. I left the company at age 15 but returned at the beginning of 2013 and have been enjoying my position here ever since.

About Me

Outside of the company I am currently in my second year Bachelor of Nursing at La Trobe, have attained my Certificate III in Fitness and am finishing my Certificate IV at The Australian Institute of Fitness.



20 Questions

1. *What chore do you hate doing?* Washing the dishes
2. *What sound do you love?* A crying baby
3. *What is your least favorite form of transportation?* Planes, I actually have a phobia of planes and had to have hypnotherapy so that I could get go on holidays
4. *Who would you want with you if you were stranded on a deserted island?* Bear Grylls
5. *What is the one thing that should be taught in school that isn't already?* How to pay bills
6. *What was the last movie, TV show or book that made you cry or tear up?* Endless Love
7. *When was the last time you had an amazing meal?* Last week I had a Pot n' Parma from the Diamond Creek Pub
8. *If you could be any fictional character, who would you choose?* One of the mermaids off the kids show 'H2O: Just Add Water'
9. *If you could meet anyone, living or dead, who would you meet?* Miley Cyrus
10. *If you could choose to stay a certain age forever, what age would it be?* 24, it's still the right end of the 20's but old enough to have an adult life
11. *If you could learn to do anything, what would it be?* Surf
12. *When was the last time you were nervous?* Before my final assessment for my Cert III
13. *What do you miss most about being a kid?* Having so much time off! 0 Responsibilities
14. *University or life experience, which do you feel best prepares you for life?* Life experience
15. *Where do you most want to travel, but have never been?* America
16. *If money was no object, what would you do all day?* Alternate flying between Austria to ski and The Gold Coast to sunbake and surf
17. *If you could witness any event past, present or future, what would it be?* Collingwood win the 2010 Grand Final! Of course I watched it on T.V, but would have loved to be there in person
18. *When you have 30 minutes of free-time, how do you pass the time?* Catching up on episodes of 'The Block'
19. *What was the first thing you bought with your own money?* My first 'big' purchase (only \$60 which was huge at the time) was my first mobile phone when I was 11
20. *What does your life say about you?* I'm very busy! Haha

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