

# KMR SAFETY FIRST

FIRST AID TRAINING KITS SUPPLIES

Keeping up to date | December 2012



Welcome to the December 2012 KMR Safety First keeping update to date.  
What a great year its been

## BOOK YOUR 2013 COURSE

Get in early and book your 2013 training today



Phone 9718 1733 | Email [safetyfirst@safetyfirst.com.au](mailto:safetyfirst@safetyfirst.com.au)

Fax 9718 1733 | book online [www.safetyfirst.com.au](http://www.safetyfirst.com.au)

Download Session request form

<http://www.safetyfirst.com.au/resources/>

*Remember purchase order number*

**ARE YOUR QUALIFICATIONS UP TO DATE ?**

**KMR CAN ALSO HELP MANAGE FIRST AID AT  
YOUR NEXT EVENT**

## Course Prices for 2013

As of 1<sup>st</sup> January 2013 CPR Update Course will be  
\$55.00 per person

All other course prices remain unchanged

**Travel safe this holiday period and  
remember your First aid Kits**

**Handy kit \$33.00**

Fully stocked kit ideal for small incidents, fits easily within luggage, sports bags,  
nappy bags and school bags

**Small kit \$88.00**

A fully stocked fit for small workplaces or personal use

**Large kit \$132.00**

Suitable for hiker, camper, home, car, truck, boat,  
4WD, plant machinery operator, construction sites, work place and office



**GREAT CHRISTMAS GIFT IDEA**

**KMR SAFETY FIRST GIFT VOUCHERS ALSO AVAILABLE**

**TRAINING YOU TO MAKE A DIFFERENCE**

P\F. 03 9718 1733 | [safetyfirst@safetyfirst.com.au](mailto:safetyfirst@safetyfirst.com.au) | [www.safetyfirst.com.au](http://www.safetyfirst.com.au) | PO BOX 111 Hurstbridge VIC 3099

## Water Safety Week 2012

1<sup>st</sup> December to 9<sup>th</sup> December

[www.watersafety.vic.gov.au](http://www.watersafety.vic.gov.au)

**“Look and follow advice on safety signs”  
at the beach, pool, rivers and anywhere**

<b>D</b>	<b>DANGER</b> Check for danger to yourself, bystanders and patient.	
<b>R</b>	<b>RESPONSE</b> Check for response, talk and touch.	
<b>S</b>	<b>SEND FOR HELP</b> Call an ambulance on 000 or 112 from mobiles.	
<b>A</b>	<b>AIRWAY</b> Clear and open airway Adult/child – full tilt Infant – neutral head position	
<b>B</b>	<b>BREATHING</b> Look, listen and feel for breathing. If not breathing normally, start CPR.	
<b>C</b>	<b>CPR</b> Perform 30 compressions followed by 2 breaths. <small>If unwilling/unable to perform rescue breaths continue chest compression.</small>	
<b>D</b>	<b>DEFIBRILLATION</b> Attach automatic external defibrillator (AED) as soon as possible and follow its prompts.	

• 37 drowning deaths in Victoria from 1 July 2011 – 30 June 2012, an increase of 3 deaths compared to 2010/2011.

• 68% increase in the drowning rate of the 5 – 14 year age group from the 5 year average (2011/2012 Victorian Drowning Report)

**Display a resuscitation chart on your pool fence.**

**DRSABCD outdoor sign**

**A2 Size - High Density Polystyrene \$20.00 each**

**Place your order today !**

**WE CAN MAKE A DIFFERENCE**

### Holiday Office Hours

The KMR Office will be closing on Friday 14<sup>th</sup> December 2012 and reopening for 2013 on Monday 14 January.

*Here's wishing you all a very happy Christmas and a great and wonderful coming new year. May you achieve whatever you wish for in life.*



**STAY SAFE. THE KMR SAFETY FIRST TEAM ☺**



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**TRAINING YOU TO MAKE A DIFFERENCE**