

## Know The Warning Signs Of A Stroke

The **FAST** test is an easy way to remember and recognise.

### Face, Arms, Speech and Time to act.

Using the **FAST** test involves asking three simple questions:

**FACE** - Check their face. Has their mouth drooped?

**ARMS** - Can they lift both arms?

**SPEECH** - Is their speech slurred? Do they understand you?

**TIME** - Is critical. If you see any of these signs call **000** straight away.

Facial weakness, arm weakness and difficulty with speech are the most common signs of stroke, but are not the only signs. Other signs of stroke may include one, or a combination of:

- Weakness or numbness or paralysis of the face, arm or leg on either or both sides of the body.
- Difficult speaking or understanding.
- Dizziness, loss of balance or an unexplained fall.
- Loss of vision, sudden blurred or decreased vision in one or both eyes.
- Headache, usually severe and abrupt onset or unexplained change in the pattern of headaches
- Difficulty swallowing

The signs of stroke may occur alone or in combination and they can last a few seconds or up to 24 hours and then disappear.

When symptoms disappear within 24 hours, this episode is a mini stroke or Transient Ischaemic Attack (TIA). If you, or someone else experiences the signs of stroke, no matter how long they last, call **000** immediately.

For more information : [www.signsofstroke.com.au](http://www.signsofstroke.com.au)



## 2011 Calendar QUICKLY filling ... Don't miss out BOOK IT NOW!

### CLICK TO SAVE

St Johns Ambulance Initiative to Reduce Road Accident Deaths & Serious Injury

[www.clicktosave.com.au](http://www.clicktosave.com.au)

1 in 10 people may know first aid, the one that did just died in the car.

*Opening his airway, may have saved his life, he had no major injuries.*

- ✓ It takes only four minutes for unconscious road victims with no serious injury to die from a blocked airway.
- ✓ It takes up to 10 minutes for an ambulance to arrive at the scene of an accident.
- ✓ These pointless deaths can be avoided

*Take 30 minutes to Save a Life*



**BE PREPARED.....**  
**YOU NEVER KNOW WHEN**  
**YOU WILL NEED IT**  
**LEARN FIRST AID TODAY**

**KMR SAFETY FIRST**  
FIRST AID TRAINING KITS SUPPLIES

PO Box 111, Hurstbridge VIC 3099

Telephone & Fax: 9718 1733

Karen: 0417 165 358

Mark: 0417 384 298

email: [safetyfirst@safetyfirst.com.au](mailto:safetyfirst@safetyfirst.com.au)

[www.safetyfirst.com.au](http://www.safetyfirst.com.au)

## A practical idea for a change.

### ICE - In Case of Emergency

A campaign encouraging people to enter an emergency contact number in their mobile phone's memory under the heading ICE (In Case of Emergency), has rapidly spread throughout the world as a particular consequence of last week's terrorist attacks in London.

Originally established as a nation-wide campaign in the UK, ICE allows paramedics or police to be able to contact a designated relative / next-of-kin in an emergency situation.

The idea is the brainchild of East Anglian Ambulance Service paramedic **Bob Brotchie** and was launched in May this year. Bob, 41, who has been a paramedic for 13 years, said:

*"I was reflecting on some of the calls I've attended at the roadside where I had to look through the mobile phone contacts struggling for information on a shocked or injured person. Almost everyone carries a mobile phone now and with ICE we'd know immediately who to contact and what number to ring. The person may even know of their medical history."*

By adopting the ICE advice, your mobile will help the rescue services quickly contact a friend or relative - which could be vital in a life or death situation. It only takes a few seconds to do, and it could easily help save your life. Why not put ICE in your phone now? Simply select a new contact in your phone book, enter the word 'ICE' and the number of the person you wish to be contacted. For more than one contact name ICE1, ICE2, ICE3 etc.



### JNR. ALIVE - Preschool & Primary School

1.5 - 2 hr. First Aid Awareness Workshop.

**BOOK NOW FOR 2011**

### Something for the kids to do: TRIPLE ZERO KIDS CHALLENGE

<http://kids.triplezero.gov.au/>



### COMPACT FIRST AID KIT *Only \$80*

*Great Christmas gift for loved ones !*

*KMR can assist you with all your  
First Aid Kit Requirements*



**To All THANKYOU for your continued support**

(What a year it has been, & its not over yet)

**TAKE TIME WITH YOUR FAMILY OVER  
CHRISTMAS & ENJOY**

**A VERY SAFE & JOYOUS NEW YEAR**

We look forward to an exciting year ahead

**Merry Christmas**

**Karen & Mark Robinson**

**and the KMR Team**

**Stay Safe ! ☺**



**KMR SAFETY FIRST OFFICE WILL BE CLOSED 16<sup>th</sup> Dec. 2010 – 17<sup>th</sup> Jan. 2011**

**TRAINING YOU TO MAKE A DIFFERENCE**