

# The Life Beat



LIFEBEATS FIRST AID

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## Buyer Beware! Don't Be Fooled by Online-Only CPR or First Aid Certification Scams

The sites are everywhere on the Internet: seemingly legitimate organizations offering “instant” CPR or First Aid certification for busy people who are required to hold current certification. And it often says right on those websites that online-only CPR or first aid certification is accepted. IT IS NOT. No major recognized training program in Canada endorses certification without practice and evaluation of hands-on skills. Don't be fooled into believing that your employer will accept an online course only certification. Call Lifebeats First Aid to learn more about options and what are acceptable forms of training in our field.

### What to Avoid When Shopping Online for Training

Common buzzwords and phrases to look for:

- Online CPR cards, download instantly
- Download your certification card right after finishing your course.
- No hands-on skills required.
- 100% online
- Immediate certificate or wallet card.

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## Spring & Summer First Aid Tips

### DOG BITE

Millions of people get bit by dogs every year. Half of them are children between 5-9.

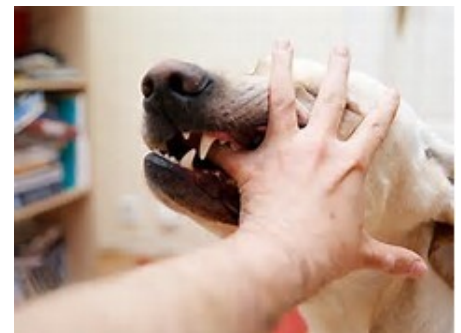
Here is what to do...

If the wound is not bleeding badly, let it

bleed for a few minutes to help cleanse it. Put pressure on the wound to stop any bleeding. Wash it with soap and warm water, then apply antibiotic ointment and a bandage.

Watch for signs of infec-

tion. If the wound is quite large, some require stitches or further medical aid.



### Come out and learn more about us at one of the upcoming shows



Lifebeats First Aid has proudly been involved in the Alliston Potato Festival for the past few years now and is very excited to be a part of it again in 2017. Every year the event continues to grow as new businesses sprout, new housing developments are continuing, and families are choosing to live in our wonderful town. The parade will take place on Friday

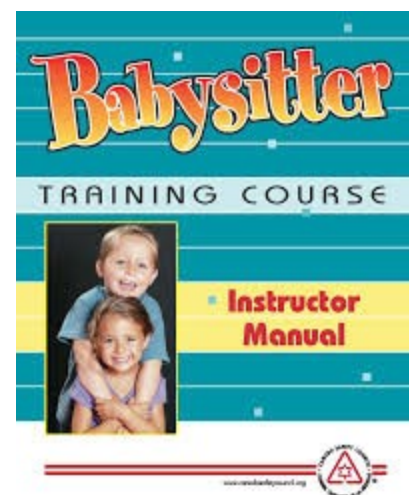
August 11th at 7pm sharp starting just outside of Banting Memorial High school, and will continue west along Victoria Street. Each year new participants join the parade, making it exciting and much longer than the year before. Bring a lawn chair and find a spot along the street and enjoy. Lots to see and do. Lifebeats will have a float entered and will have their new mascot Lukie the Lifesaving Dog walking the street and saying hi to everyone. On Saturday August 6 Lifebeats will have a booth setup just outside our location at 103 Victoria Street West. Stop by and say hi, or see what new things are happening with our CPR & First Aid training courses. We would love to see you!

### Babysitter Training Course

The Babysitters Training Course is aimed at young people turning 12 years of age within the calendar year or older who want to demonstrate their capabilities by completing the course under responsible direction.

This Program Includes:

- Rights and Responsibilities
- Child Development and Behavioral Problems
- Caring for the Child
- Nutrition
- Safety and Basic First Aid
- Handling Emergencies
- The Sick Child
- Games and Play Activities
- Children with Special Needs
- Advice for Parents



### **Drowning Facts**

- 9 out of 10 people that drown are men between the age of 20-24.
- Ontario had the most drowning deaths in Canada.
- Most of the drowning (over 55%) were on weekends.
- Boating deaths were the most common cause. (More powerboats than canoes)
- Alcohol consumption was a factor in up to 55%.
- Not wearing a PFD/lifejacket was a factor in over 90%.



Wear a lifejacket on or near water, keep children within arms length of you, do not consume alcohol then swim or

### **Defibrillator Sales, Installation, and Support**

Lifebeats is very excited to be able to offer to new and existing customers, the option to purchase and be trained on an Automated External Defibrillator (AED) from us.

Your purchase includes a brand new Physiomed LIFEPAK CR Plus defibrillator (8 yr warranty), 2 sets of adult pads, a convenient stor-

age/carrying case, and a wall mounted sign to identify you have an AED ready to be used.

Lifebeats will provide on-going support with your purchase. We can do service calls and ensure your machine is up to date, and in operating condition.

We also will register your AED, and if your AED is used

on a patient, we will download the data and send it off to the appropriate place.

Contact us for a quote today

**705-250-LIFE (5433)**

[www.info@lifebeatsfirstaid.ca](mailto:www.info@lifebeatsfirstaid.ca)



### **Contact Us**

To inquire or book us for your next First Aid/CPR/AED training or to purchase an AED:

**705-250-LIFE (5433)**  
[www.lifebeatsfirstaid.ca](http://www.lifebeatsfirstaid.ca)  
[info@lifebeatsfirstaid.ca](mailto:info@lifebeatsfirstaid.ca)

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