



St. John Ambulance

SAVING LIVES
at work, home and play

Mississauga Branch

110 Matheson Blvd. West, Suite 110
Mississauga, ON Canada L5R 4G7
Tel.: (905) 568-1905
Fax : (905) 568-4838

www.sja-mississauga.ca

Charitable Registration No.: 10802 2237 RR0001

For Immediate Release – Press Release

St. John Ambulance: Summer Safety –

Equip and Prepare

July 29, 2010, (Mississauga, ON)

Summer is upon us and with the glorious weather, accidents happen, and the hospital emergency rooms burst at the seams.

Broken bones, cuts, bruises, insect and snake bites, burns, punctures, infections, heat stroke, sunburns. The list goes on and on. Worst still, unintentional injuries continue to be the fifth leading cause of death overall, exceeded only by heart disease, cancer, stroke, and chronic obstructive pulmonary diseases. Unintentional injuries rank third in importance behind cancer and heart disease.

These are staggering statistics that we don't think about until we are jolted into action by a sudden emergency. That shouldn't be a problem if we are prepared but how many of us are? Having a first aid kit handy at the sports practices and games, at the cottage or in the home, boat and car, along with knowledge learned from the appropriate training, reduces the incidence of shock, further injury and may ultimately save a life. Summer is an especially active time of year. Everybody is out and about enjoying the weather and the sun and water. First Aid Training along with a First Aid Kit and some good common sense will help to make those days enjoyable.

Insect Bites: Being prepared to counteract the effects of an insect sting could mean the difference between life and death.

- ✓ Examine the sting site closely, looking for the stinger. Remove jewelry or anything constricting.
- ✓ If a stinger is visible and accessible, attempt to remove it by carefully scraping it and the attached poison sac from the skin.
- ✓ Do not use tweezers or anything that might squeeze more poison into the body.
- ✓ Apply rubbing alcohol or a paste of baking soda and water
- ✓ If the sting is in the mouth, give the person a mouthwash of one teaspoonful of baking soda in a glass of water or a piece of ice to suck on. Monitor the casualty for swelling or difficulty breathing.
- ✓ Watch for shock and keep the patient calm. If symptoms occur, get medical help.



cut out and place in your first aid kit

For more information on St. John Ambulance training programs, volunteer opportunities community services, as well as available products, please call 905-568-1905 or visit www.sja-mississauga.ca.

St. John Ambulance is dedicated to improving the health and safety
of the community through training and community service.
Saving lives – at work, home and play.