

Rescue 7 Inc



Summer 2010

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Canadian Heart & Stroke Position on "Hands-Only" CPR



When an adult has a sudden cardiac arrest, his or her survival depends greatly on immediately getting CPR from someone nearby. Unfortunately, less than 1/3 of those people who experience a cardiac arrest at home, work or in a public location get that help.

Most bystanders are worried that they might do something wrong or make things worse. That's why the the Canadian Heart & Stroke Foundation (CHSF) has recommended Hands-Only CPR for use on *witnessed* adults who suddenly collapse in an "out-of-hospital" setting, or if the rescuer is unable or unwilling to provide breaths. ***Any attempt at CPR is better than no attempt.***

In addition, recent evidence demonstrates that bystander Hands-Only CPR is as effective as conventional CPR in the first few minutes of out-of-hospital sudden cardiac arrest. The CHSF still recommends conventional CPR (CPR with a combination of breaths and compressions) for all infants and children, for an unwitnessed adult victims, and for any victims of drowning or collapse due to breathing problems.

The CHSF position maintains that all Canadians should be trained in full CPR so they can respond in any emergency. There is not a specific Hands-Only CPR course.

Contracts Awarded to Rescue 7 Inc.



Rescue 7 Inc. is pleased to announce that we were awarded a 5-Year national contract by Canada Post Corporation for First Aid, CPR & AED Training and a 2-Year contract with Ontario Ministry of Education and the Ministry of Training, Colleges and Universities. We look forward to working with both agencies to develop their new First Aid programs.

Olympic Representative

Twenty three days, 9 hours flying, multiple bus rides, 12 days at the Whistler Sliding Center, 2 Gold, 1 Silver, 1 Bronze, 2 days skiing, rain, snow, sun. All summed up. Fantastic!!!!



First of all I have to thank Rescue 7 for your support and it was certainly an honor representing you at the Olympics!

Though we had a tragic beginning with the death of Nodar Kumaritashvili, the team pulled together and with only a half day of training. We accomplished the task of providing medical assistance - our primary responsibility was spectator care with a typical day being eight to ten hours long. The injuries ranged from burns, fractures, shortness of breath, and the most serious being an ectopic pregnancy. On any given day we had nine patrollers, two nurses and one doctor on venue solely responsible for the spectators, workforce and the media. We divided the track into three sections Top, Middle, Bottom and we were also responsible for the entrance to the center. In each section we had two patrollers and one patroller covered the entrance while the ninth patroller provided transport of the injured using a utility vehicle. We had one main trailer and one spectator tent on venue for treating the injured. Another team of the same caliber provided care to the athletes.



I was on venue for all of the Gold medal rounds and was able to experience the excitement of the Sliding Centre when Canada their won medals. I was also fortunate to have my picture taken with the Gold Medalist Jon Montgomery and Silver Medalist Shelley-Anne Brown at Canada House.



Though the days were long ... I have many memories that will last me a lifetime! I strongly encourage other people to participate when the next Olympic opportunity arises.

Many Thanks,

John Davidson



HeartSine Press Release

On March 5, 2010, The Federal Aviation Administration (FAA) announced that it has teamed up with HeartSine Technologies to deploy an estimated 3,000 HeartSine® SAM-PADs in agency facilities across the United States over the next five years.



ON-LINE WHMIS Training

This WHMIS course is an effective and interactive way to keep you and your employees up-to-date with WHMIS training requirements. This course meets the needs of both first time and refresher training. A training certificate is issued upon successful completion.

The course covers:

- 🕒 WHMIS Introduction & Regulations
- 🕒 WHMIS Roles & Responsibilities
- 🕒 WHMIS Symbols
- 🕒 WHMIS Labels
- 🕒 Controlled Products
- 🕒 MSDS Forms
- 🕒 Interactive exercises, tests & certificate

Course takes approximately 2 hours to complete.



Upcoming Scheduled Public Courses

Standard First Aid, CPR & AED

- July 21-22, 8:30-4:30pm (Kingston)
- July 27-28, 8:30-4:30pm (London)
- July 29-30, 8:30-4:30pm (Sudbury)
- July 15-16, 8:30-4:30pm (Markham)
- August 19-20, 8:30-4:30pm (Markham)
- September 16-17, 8:30-4:30pm (Markham)
- September 18-19, 8:30-4:30pm (Markham)

Space is limited.

To register, please contact our office to register or via email at training@rescue7.net



Public Courses National Dates

Standard First Aid, CPR & AED

- July 6-7, 8:30-4:30pm (Edmonton, AB)
- July 27-28, 8:30-4:30pm (Halifax, NS)

Space is limited.

To register, please contact our office to register or via email at training@rescue7.net