

# Care

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## Pay Attention to Ergonomics!

## Strains and sprains come at a high price

*To all our valued customers:*

We all want to get down to business as much as possible. But getting down to business when your employees can't turn their heads or sit at a

desk can be a severe liability to your entire workforce.

Today, more than 50% of

workplace injuries are

musculoskeletal strains and sprains due to poor ergonomic conditions, which can go well beyond oddly shaped chairs and keyboards. Poor design of operational equipment, repetitive motion and excessive force or vibrations are all leading causes of on-the-job injuries.

Under Human Rights codes, companies are actually obligated to promote ergonomic safety and accommodate workers with related musculoskeletal

injuries. What this means is that managers – if they're not already – should make establishing a healthy ergonomic environment a key part of any industrial safety program.

In an effort to help keep your workers as healthy, happy and efficient as possible, our team at Kit Care highly suggests you support the following measures to identify, assess and eliminate ergonomic hazards in the workplace:

- A review of on-the-job injury statistics to pinpoint tasks that pose the greatest risk of injuries
- Worker training about ergonomic hazards, including an explanation of the risks, procedures for reducing those risks and how to report ergonomic injuries
- Where possible, the redesign of tools, workstations and work procedures to prevent future injuries
- Use if required ergonomic Personal Protective Equipment (PPE) like wrist supports, gloves, work belts...etc.
- Periodic monitoring of ergonomic hazards and controls



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*Yours sincerely,*

**The Kit Care Management Team**

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Care **Tips**



# Deadly Allergies Threaten the Workplace

## We can all stand to learn from Sabrina's Law



Sabrina Shannon

This past spring the Ontario Legislative Assembly saw the unprecedented passing of Bill 3, otherwise known as Sabrina's Law 2005, named after a 13-year-old from Pembroke with a severe dairy allergy who died after eating French fries containing traces of cheese from her school's cafeteria.

Under the new law, effective this January, school boards across Ontario will be required to establish policies to deal with students at risk of anaphylaxis (potentially fatal allergic reactions, resulting in circulatory collapse or shock).

But while the province has been remarkably proactive in addressing the growing number and severity of these types of allergies, and is doing what it can to ensure students are as safe as possible at school, some of the very same risks and realities exist within the workplace and among the adult population.

Cross contamination of foods, failure to properly identify or respond to an anaphylactic attack and a lack of life-saving devices are the three biggest detriments to people with life-threatening allergies.

Deadly risks can be greatly reduced if workplace managers take their cue from Sabrina's Law, which requires:

- Strategies that reduce the risk of exposure to anaphylactic allergens (i.e. Peanuts, tree nuts, shell fish...)
- A communication plan to disseminate information about deadly allergies
- Regular training for employees about how to deal with reactions, including how to use an EpiPen (an auto-injector filled with epinephrine – the most effective and immediate treatment for an anaphylactic attack)
- Proper storage for emergency EpiPens

*EpiPens and Epi Trainers (practice pens) are readily available from Kit Care. And in our ongoing commitment to health and safety, we also offer customized allergy kits and information guides to help you make your workplace as secure an environment as possible.*

Allergies are not just for kids and lifesaving is not just for the pros!

**For additional information, circle #1 on response card**



# A **Run-With Kit** that Covers All the Bases

## Kit Care meets all your emergency needs, onsite and off, with its fully integrated Run-With Paramedic Kits

As mobile first aid kits go, several businesses are finding that their first-aid needs go beyond the Workman's Compensation Board requirements, which is why Kit Care has developed the most comprehensive run-with paramedic kits available in the Canadian market.

These fully integrated, multi-compartmental kits, which come in a durable red nylon trauma bag with black trim and reflective tape, is as much of an asset onsite as it is when the company leaves the premises for organized events like charity functions, team competitions, holiday celebrations, incentive trips...etc.

The broader range of products address just about every foreseeable emergency, eliminating significantly more risk factors than the WCB kits.



Kit Care Run-With Kit – product code 125

In addition to everything you'd find in a standard run-with paramedic kit, Kit Care provides a First Aid Blanket, Sodium Chloride Irrigation Solution, Blood Pressure Aneroid, a Stethoscope, a BVM Resuscitator, a Manual Suction Unit and more.

Designed to treat wounds and minimize the transmission of communicable illnesses and diseases, this state-of-the-art kit is suitable for emergency rescue personnel, police, fire fighters, first-

aid attendants, nurses and ski patrol personnel. And now your company can own one too!

**For additional information, circle #2 on response card**

## Work-related Accidents **Kill** Canadians **Everyday**

**According to statistics, an average of two Canadian workers die each day because of work-related accidents and exposures and close to one million are injured each year.**

**Workplace accidents cost the Canadian economy close to \$5 billion annually, which is more than a 200% increase over the past 20 years. And about half of workplace injury leads to productivity losses.**

## Seal a Sucking Chest Wound

Open wounds on the chest caused by body punctures, gun shots, knifings...etc. must be sealed up immediately before the victim's lungs collapse and he drowns in his own blood!

### Here are some quick and easy tips:

- Place a bandage on the hole and tape it on three sides, allowing the air to escape from the inside out and preventing the outside air from getting in.
- If you don't have a bandage handy, plastic wrap or anything non-porous can work
- If you can't keep air from entering the chest, cover the hole completely with clean cloths until emergency services arrive
- Don't move the victim or prop head



# When Survival is the Name of the Game

In the event that an individual or group may be cut off from support services and are forced to rely on themselves and the materials around them until outside help arrives, a survival first-aid kit can mean the difference between life and death.



**THE ARK**

The pre-designed support units range from simplistic to fully integrated and can be placed in any environment from home, car and office to icy glaciers and rescue aircraft.



**GROUP SUPPORT UNIT**



**CANADIAN-ALASKAN SURVIVOR KIT**



**EMERGENCY SURVIVOR KIT**

Now, due to increased demand, Kit Care has expanded its first-aid kit line to include ready-made survival kits designed for virtually any kind of survival emergency.

These user-friendly kits, which retain a shelf life of five years, provide the basic amenities necessary to sustain a quality of life for an extended period of time while under any level of stress.

Choose from more than a dozen survival kits, many of which include a selection of emergency water and food rations that are actually great tasting and sustainable for up to five years. These kits can also be customized to your specifications.

**For additional information circle #3 on response card**

## Comments/Product Requests

**Please send me additional info. on the following:**

*(Circle Items of Choice)*

- 1 Epipens
- 2 Run-With Paramedic Kits
- 3 Survival Kits
- 4 Portable Defibrillators
- 5 Ztek Safety Glasses
- 6 First Aid, CPR and Defibrillator certification courses
- 7 2005 Holiday First Aid Kits
- 8 Please have a Representative call me
- 9 Please send a FREE copy of Kit Care's 480 page Catalogue

*(Please Print)*

Name \_\_\_\_\_

Title \_\_\_\_\_

Company \_\_\_\_\_

Address \_\_\_\_\_

City/Prov. \_\_\_\_\_ Postal Code \_\_\_\_\_

Tel: ( ) \_\_\_\_\_ Fax: ( ) \_\_\_\_\_

Email \_\_\_\_\_

Web Address \_\_\_\_\_

Type of Business \_\_\_\_\_

Number of Employees \_\_\_\_\_

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*The information above will not be sold or rented to any third party*

## Easy Ways to Boost Your Heart Health

While heart disease is the number one killer in North America, the good news is there are lots of simple ways to boost your heart health. Here are a few of our favourites:

- **Don't skip breakfast:** Most heart attacks occur between 7am and noon, partly because the cells that help blood clot are stickiest then. Eating appears to make blood less likely to clump together and block a vital artery.
- **Add some vitamin B:** Recent research shows that folic acid, a B vitamin, and vitamins B6 and B12 may help prevent heart attacks.
- **Don't Sweat the Small Stuff:** Studies show that people whose blood pressure and heart rate jump during the most frustrating tests are also more likely to have reduced blood flow to the heart.
- **An Aspirin a Day:** Aspirin has been shown to protect the heart by preventing clot formations (but don't start taking a daily dose without consulting a doctor!).
- **Get off the Couch:** Sedentary living is the single biggest factor in heart attack deaths. Thirty minutes of moderate physical activity three times a week is enough to have a major impact on your life expectancy.

## Demand for Defibrillators Hit an All-Time High

Small and large businesses alike are making these portable lifesaving devices part of their basic first aid programs

Seen here is Kit Care President Gerald J. Yaffe showcasing a popular portable defibrillator at one of many Occupational Health & Safety trade shows. "People are astonished at how easy they are to use, and now very affordable," he says.



**For additional information on defibrillators, circle #4 on response card**

## Safety Glasses You Can't Work Without

Cumbersome goggles be gone! Ztek safety glasses are so comfortable, stylish, durable and lightweight your workers will forget their even wearing them. What's more is that this state-of-art PPE is available with indoor/outdoor lenses, which automatically adjust to varying light exposure.



Now, not only will your workers not complain about or neglect to wear their safety glasses, they no longer have to change or remove them as they move into different light environments – which simply means greater on-the-job safety and efficiency.

Other features of the Ztek safety glasses include soft, non-slip rubber temple tips, integrated nosepieces and scratch resistant lenses that provide 99% protection against harmful UV rays. Also note the economical wrap-around single lens with panoramic view and Kit Care's exclusive lifetime warranty on the Ztek safety glass frame.

**For a sample and additional information, circle #5 on response card**

# Care Tips

## Always Be Prepared to Save a Life

*While we advise you take annual lifesaving courses to best equip yourself for all personal and professional emergencies, these are the basics of cardio-pulmonary resuscitation (post them up around the workplace!):*

### AIRWAY

- Place victim flat on his back on a hard surface.
- Shake victim at the shoulders and shout, "Are you okay?"
- If no response call 911.
- Open victim's airways by tilting his head back with one hand while lifting up his chin with your other hand.

### BREATHING

- To hear, feel and see breathing position your cheek close to the victim's nose and mouth, and look toward his chest for 5-10 seconds.
- If not breathing, pinch victims nose closed and give two full breaths into his mouth
- If breaths won't go in, reposition head and try again. If still blocked, perform Heimlich maneuver.

### CIRCULATION

- Check for pulse by feeling for 5-10 seconds at side of victim's neck.
- If there is a pulse, but the victim is not breathing, give rescue breathing at rate of one breath every five seconds or 12 breaths per minute.
- If no pulse, begin chest compressions at follows:
- Place heel of one hand on the lower part of the victim's sternum. With your other hand directly on top of your first hand, depress sternum 1.5 to 2 inches.
- Perform 15 compressions then two breaths, and repeat (rate: 80-100 compressions per minute).

**For information on First Aid, CPR and Defibrillators Certification Courses, contact us at (416) 243-3030 or circle #6 on response card**



## Christmas is Coming

**Don't forget to order your 2005 Holiday First Aid Kit!** Sure to make a long-lasting impression on customers and staff, this year's holiday kit is chock full of everything you need for just about every emergency.



You also still have time to order customized kits imprinted with your company name, logo and message. But time is running short so don't waste another minute.

**For additional information, circle #7 on response card**

e-mail: [info@kitcarecorp.com](mailto:info@kitcarecorp.com)

## Industry

## Events



Seen here is one of Kit Care's Toronto reps Ken Freeman (L) and Mike McClew (R) at this year's Terry Fox Run. Mike McClew started the Upper Canada College Corporate Terry Fox site in the early 1980's. Since then, the site has raised almost \$5.5 million for cancer research.

Kit Care has been a key sponsor of the Terry Fox Run since its inception 25 years ago is proud to celebrate this milestone anniversary.

Kit Care is also a proud sponsor of the M.S. Run, The Weekend to End Breast Cancer and some 40 other charitable events that help raise funds and awareness of worthy causes throughout Canada.