

**Make it your
business to
be prepared
for a fire
in the
workplace**



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Care

PUBLISHED BY KIT CARE CORPORATION, SPECIALISTS IN OCCUPATIONAL HEALTH & SAFETY

Don't get **burned**

To all our valued customers:

It's one of those things you think could never happen to you. You see it on the news. You hear the horror stories, but somehow you feel insulated from the possibility of a fire in your workplace.

But what if? Year after year fires breakout causing serious injury and property loss that often times can't be recouped by insurance claims. Without the right fire prevention and preparedness plans, vital systems can be damaged beyond repair and once thriving businesses can be destroyed in an instant.

If a fire started in the building you work, would you know what to do? Do you have a workplace evacuation procedure?

Is your staff aware of it?

With our new comprehensive **Fire Care Customized Protection Program**, Kit Care is committed to helping ensure your workplace is equipped and ready for a fire anytime, anywhere. We urge you to enquire about Fire Care, if you haven't already.

Meantime, here are a few fire safe practices you should follow that can prevent tragic and wasteful fire loss in your workplace.

- Ensure your employees know the two closest exits to their work area, the location of the nearest fire alarm pull station and how to use it, and their responsibilities in a fire as laid out in your safety plan
- If you discover a fire, leave area immediately, close all doors behind you, activate the nearest fire alarm, take your keys and take the nearest exit to leave the building
- If you encounter smoke in the nearest exit, consider taking an alternate stairwell and crawl low under smoke
- Call 911 no matter how big the fire and never assume the call has been made
- Don't ever fight a fire if you have not been trained to use a fire extinguisher, you are unsure of the type of fire, the fire is spreading or your escape route is blocked by fire

See Care Tips (p. 5) for fire prevention ideas.

Your safety is our business!

All our best,

The Kit Care Team

What's **INSIDE**

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Dispose it

The disposing of Medical and Sharps waste doesn't have to be a nuisance

Kit Care is proud to announce its new **Bio Care** Dispose-All System, a leading and hassle-free method for the safe disposal of needles, syringes, blood-soaked dressings and other small quantities or bio-hazardous waste.

This all-inclusive system collects, ships and disposes your medical waste for one price, without making you wait for pick-ups or risk non-compliance.

What's more, systems are ordered when needed without contracts, minimum service levels, hidden costs or big boxes to store.

Kit Care's **Bio Care** Dispose-All System, which complies with government regulations, takes care of the entire disposal process with one company and one disposal site for all locations, making this the most user-friendly bio-hazardous waste management program on the market today.



For more information about Kit Care's Bio Care Dispose-All System, circle #1 on response card.

New

The Newest Bandages on the Block

Kit Care is proud to add two new must-have bandages to its family of hypoallergenic, latex-free, sterile and individually wrapped wound dressings.

The Kit Care **XtraLong Elastic Fabric Bandage** is 50% longer than standard finger strips and wraps twice around the finger for extra-sure hold, making it ideal for thicker fingers and areas where maximum adhesion is needed. As with all of Kit Care's popular adhesive bandages, this one is a top-quality flexible, breathable dressing created to promote quick healing and perfect for commercial industrial, construction and institutional application.



The Kit Care **Xspand Bandage Strips** swell on contact with blood, helping to control blood flow with direct pressure. Useful for any small, deep puncture wounds or free-bleeding cuts, this one is ideal for kitchen or anywhere there's a risk of sharp knife cuts.



For more information and samples of Kit Care's newest bandages, circle #2 on response card

Flu

Facts

The flu (Influenza) is a serious, acute, respiratory disease caused by a virus.

The flu virus is spread by coughing, sneezing and direct contact with contaminated surfaces.

Symptoms of the flu (lasting 5 to 10 days) are cough (can last several weeks), fever, sore throat, chills, headache, muscle aches and fatigue (can last for several weeks).

Influenza can lead to pneumonia, hospitalization and even death especially in children, the elderly and those with chronic medical conditions.

Flu immunization can decrease workplace absenteeism due to upper respiratory illness by 43%.

The flu virus can live up to 48 hours on phones, door handles, keyboards and clothing.

The flu vaccine cannot give you the flu.

One dose a year is all you need.

For more information on flu prevention and facts, circle #3 on response card

Quick

Tip

Get Your Flu Shot at Work!

The leading cause of lost time in the workplace, the flu can have detrimental effects on industry and employers alike. The World Health Organization reports the flu makes up the majority of the 7.9 days lost annually on average due to illness.

There are several ways to reduce your risk of contracting the flu, but the single best way to prevent it is by getting a flu vaccination every year.

Provide your employees with quick and easy access to the flu shot by having Kit Care help you organize your own on-site flu shot clinic.

For more information or to book a date, please call Barbara Pollack at 1-800-268-6967 or 416-252-5885 ext. 223



The **ABCs** of CPR

Get up-to-date on CPR and more



As promised, Kit Care introduces the latest DVD featuring the new International CPR Guidelines.

First Response: The ABC's of CPR, available through Kit Care free of charge, delivers a comprehensive demonstration of critical life-saving techniques with compelling visuals and easy-to-understand instruction for non-professionals and healthcare providers alike.

Viewers will learn CPR techniques and how to deal with choking situations for an adult, child and baby. It also teaches how to recognize and give first aid to someone suffering from a heart attack or stroke, including a demonstration of AEDs (Automatic External Defibrillators), which are now found in many public places throughout Canada.

For a copy of The ABC's of CPR at no charge, circle #4 on response card

The Temperature is Rising

With flu season approaching, it's important for businesses to catch symptoms early in an effort to ensure a healthy workforce. To this end, fever detection with disposable thermometers is key

No glass, no mercury and no batteries required make Kit Care's always ready-to-use disposable thermometers an essential and safe part of any first aid kit or station, especially during flu season.

Always accurate, the single-use dot-matrix thermometer can be used orally or under the arm without any concern for cross-contamination, a big issue when contagious flus can sweep through entire offices within days.

Unlike most traditional thermometers, this one can be stored at any temperature in any environment. It's that durable!

For more information on Kit Care's disposable thermometers and FREE SAMPLES, circle #5 on response card



Comments/Product Requests

Please send me additional info. on the following:
(Circle Items of Choice)

- 1 **Bio Care** Dispose-All System
- 2 Samples of XtraLong and Xspand Bandages
- 3 Flu Prevention
- 4 **NO CHARGE COPY** of The ABC's of CPR
- 5 Disposable Thermometer samples
- 6 2007 Holiday First Aid Kit (no-charge box)
- 7 **Fire Care** Program
- 8 Please Have a Representative call me



(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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**FOR FAST ACTION
CALL, FAX or EMAIL**

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

T'is the Season to be Safe

Back by popular demand for the 46th year running, **Kit Care's Holiday**

First Aid Kit is the ideal Christmas present for customers, employees, suppliers and friends.

Promote health and safety inside and outside the workplace with a holiday kit beautifully presented in a complimentary gift box. This beats a box of chocolates or a bottle of liquor any day. So ditch the run of the mill gifts of the past and this year opt for the gift that truly keeps on giving.

Early birds can customize kits to include company name, logo and message imprinted on the front of the kits.

For more information on Kit Care's 2007 Holiday First Aid Kit, circle #6



Care Tips



Do your part in preventing a fire at work

Wiring

- Check and replace any electrical cords that have cracked insulation or broken connectors
- Avoid octopus wiring
- Don't run extension cords across doorways or under rugs
- Avoid plugging more than one extension cord into an outlet
- Only use Canadian Standards Association (CSA) approved power bars

Appliances

- Only use CSA approved appliances
- Leave enough space for air heaters and other equipment such as computer terminals and copy machines
- Keep all appliances a safe distance from combustible materials
- Always turn off or unplug appliances after using them

Arson

- Be aware of building security procedures. Report vandalism and notify security and/or police of suspicious behaviour and visitors
- Lock doors after working hours
- Ensure areas around your building are free of combustibles and are well lit
- Keep all halls, lobbies and areas used by the public clear of obstructions

Note: Arson is one of the leading causes of fire in the workplace

For more information on Kit Care's Fire Care Program, circle #7 on response



e-mail: info@kitcarecorp.com

Upcoming Industry Events

Fall 2007

Nov. 11 - 13

2007 Canadian Injury Prevention and Safety Promotion Conference

Toronto, ON

www.oninjuryresources.ca/home

Nov. 21

Golden Horseshoe 2007 Health and Safety Conference & Trade Show

Chandelier Place, Stoney Creek, ON

www.iapa.ca

Nov. 21-22

Le Grand Rendez-Vous en Sante et Securite du Travail

Montreal, PQ

<http://grandrendez-vous.com>