

# The Life Beat



## We bring our Training right to your FRONT DOOR

Lifebeats First Aid has proudly been in operation over 6 years. We began our journey as a very small company who booked and ran their courses out of a local church. As we grew and our customers began talking about us and what we did...we quickly upgraded to our own Office & Training Facility in downtown Alliston. One of the services we pride ourselves on, is the option of our Training coming right to your front door. Sometimes it is just easier for us to bring our manikins, equipment, and setup right at your business or home.

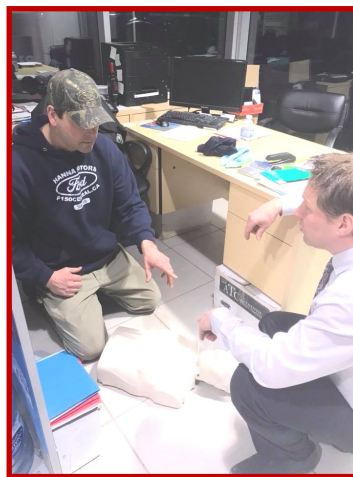
We have provided this service to companies such as Trillium Ford Alliston/Shelburne, Hanna Ford Collingwood/Stayner, Physiomed Alliston, and many more. One of the great benefits of our onsite training, is that we can easily identify workplace related injuries that could be a potential, and focus on things that are real for you vs. generic scenarios. We can also refresh your staff on how and when to use your defibrillator. If you are interested in purchasing one for your business or home, give us a call.

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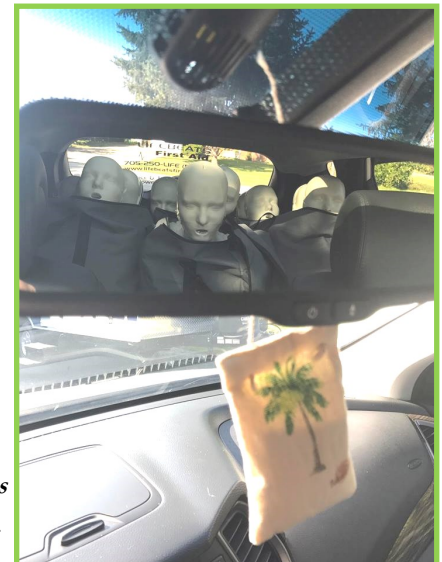
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*Physiomed Alliston. Onsite Training with the staff.*



*Hanna Ford in Collingwood. Onsite Training with staff.*



*Mia's SUV packed with Manikins on her way to do onsite training.*

### COMING SOON: Booking your First Aid/CPR Course online

We are very excited to announce that coming very soon...new and existing customers will be able to navigate to our website [www.lifebeatsfirstaid.ca](http://www.lifebeatsfirstaid.ca) and select the course(s) you are interested in, and confirm a booking with us online.

- You can choose a single seat in a course, or you could reserve many seats for your company if need be.
- No payments are required when booking with us until the day of the course.
- We will review the online booking request, and ensure that you have chosen the most appropriate course within 12-24 hours of your booking.



### In Case You Didn't Know...

#### Foods to lower cholesterol

With high cholesterol being one of the risk factors in Heart Attacks, here are a few foods/drinks that can help lower cholesterol:

- ◆ Oats: oatmeal for breakfast can lower your cholesterol by up to 6%.
- ◆ Red Wine: 1 glass/day can lower your cholesterol by up to 12%.
- ◆ Salmon: Omega 3 fats can help lower your cholesterol by up to 4%.
- ◆ Nuts: 1.5 oz/day can lower your cholesterol by up to 12%.
- ◆ Tea: black tea every day can lower your cholesterol by up to 10%.
- ◆ Chocolate: Dark chocolate prevents blood platelets from sticking together.

Interesting facts...I think today I'll be having all of the above!



#### Sprains and how to deal with them

A Sprain is an injury to a ligament. Ligaments hold joints together.

**R-I-C-E** is the First Aid mnemonic for bone and joint injuries.

**R—REST:** try and stay off the limb for 24-48hrs.

**I—IMMOBILIZE:** rotate joint but try not to put pressure on it.

**C—COLD:** apply ice for 15 min on/off 8-10 times a day for first few days during the acute phase of the injury.

**E—ELEVATE:** keep it up to help reduce pain and swelling.

If it is numb or you cannot walk on it, or hear grinding, seek medical aid as it might be worse than a sprain.

**Come out and learn more about us at one of the upcoming events**

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 2018. 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 10th 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 mascot Lukie the Lifesaving Dog present and saying hi to everyone. On Saturday August 11 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!



45th Annual  
**Alliston**  
**Potato Festival**  
AUGUST 10, 11 & 12, 2018

**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 casualty, 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](http://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)

Like us on Facebook

Need to book a course? Check out the course schedule on our website.

