



## Midway Fire Rescue Public Education Information Life Safety Tips



In a proactive effort to prevent injuries across our community, our Fire Rescue Department has developed several simple, yet important, “Life Safety Tips” related to the frequent Emergency Medical calls we receive. Please review these preventative measures and action items with your entire family.

### True Medical Emergencies

- Signs and symptoms of a Heart Attack
- Signs and symptoms of a Stroke
- Airway Compromised - Not Breathing

**True Emergencies need immediate 9-1-1**

### True Medical Emergencies

- Uncontrolled Bleeding - Amputation
- Passed Out - Unconscious - Unresponsive
- Allergic Reaction - Anaphylactic Reaction

**True Emergencies need immediate 9-1-1**

### True Medical Emergencies

- Imminent or out of hospital Child Birth
- Poisoning - Drug Overdose - Asphyxiation
- Change in baseline Mental Status

**True Emergencies need immediate 9-1-1**

### What to tell the 9-1-1 Dispatcher

- The **“Exact Address”** where you are
- The **“Type of Emergency”** you have
- The **“Phone Number”** you are calling from
- The **“Name of the Person”** making the call

## Preventing Slips, Trips, and Falls in the Home

One of the significant issues we deal with on a regular basis is our citizens involved in Slips, Trips and Falls. Please consider the following simple steps to eliminate the hazards which are the underlying cause

- Immediately clean up any spills which may occur in the home (Predominantly kitchen and bathroom)
- Install a “Skid Proof” material under all carpets and throw rugs (Shelf liner works great)
- Keep all walking pathways free of clutter and storage (Never place items on stairways or in hallways)
- Never leave clothing on the floor (Especially important in the bedroom and bathroom)
- Keep a flashlight on your nightstand and always carry if you get up at night (Also in living room/den)
- Place “Low Current” nightlights throughout your home (Especially in the walk paths)
- Avoid utilizing a chair as a stepstool (Actually, we don’t want our seniors on a stepstool at all)
- Install “Textured Strips” in your Bathtub and Shower, or use a “Skid Proof Mat” (Use every time)
- Place a “Bench Seat” in your Shower or Bathtub with skid proof feet (Easier mobility to stand)
- Install Grab Bars in fall prone areas in the home (Multiple grab bars in bathtub/shower, near toilet)
- Install handrails on both sides of any steps or stairway (Add bright colored tape on the edge of stairs)
- Utilize a walker or cane if you are prone to falls (Much better to have the added stability at all times)
- Consider a Medic Alert System which you carry at all times (Allows you to call for help immediately)
- Avoid utilizing leashes and tethers when walking with pets (Consider placing pet in an enclosed area)

### Common Warning Signs of a Heart Attack

Please do not wait to seek help if you are experiencing any of the following warning signs associated with a heart attack. Heart attack signs can be immediate and intense, or can start mild and are often blamed on something else, in either case they are critical. Experiencing these types of symptoms is a true medical emergency, and requires an immediate call to 9-1-1

- Discomfort or pain in the center of the chest (Also described as pressure, squeezing, tightness)
- Associated pains radiating to the arms, back, and stomach (Left arm pain is described the most)
- Associated pains radiating to the jaw, neck, and back (Not everyone will have the same symptoms)
- Individuals also experience shortness of breath or difficulty breathing (You may not have chest pains)
- Individuals also experience a cold sweat, become lightheaded, and/or nauseated (Not true in all cases)

**If you experience these types of symptoms, Call 9-1-1 Immediately**

### Common Warning Signs and Symptoms of a Stroke

An Ischemic Stroke is caused by a blocked artery in the brain, and is a true medical emergency. This type of stroke is best described by the F.A.S.T Warning Signs, which are described below. Please do not wait to seek help if you are experiencing any of the F.A.S.T Warning Signs associated with a stroke. Experiencing these types of signs and symptoms is a true medical emergency, and requires an immediate call to 9-1-1

- **F**ace Droop - Does one side of the face droop or is it numb (TEST - Ask the person to smile for you)
- **A**rm Weakness - Is one arm weak or numb (TEST - Ask the person to raise both arms)
- **S**peech - Is the speech slurred or hard to understand (TEST - Ask the person to repeat a simple phrase)
- **T**ime to Call 9-1-1 - If any of these symptoms are present, even if they go away, call 9-1-1 immediately
- Additional Stroke Symptoms, could include Sudden Numbness of the face, arm, or leg, Sudden Confusion, Sudden Vision Problems, Sudden Trouble Walking, and a Sudden Severe Headache

**If you identify these types of Signs or Symptoms, Call 9-1-1 Immediately**

### SWIM SAFE tips for Beaches, Rivers, and Swimming Pools

Our community has an abundance of water, in which we swim, boat, surf and ski. We stress the importance of following the **SWIM SAFE** tips whenever you and your family are around the water

- **S**upervision is a must by having a “Designated Kid Watcher” whenever children are in the water
- **W**ater level in your pool should never be lower than 5 or 6 inches from the top of the pool
- **I**nsure your pool is completely surrounded by a fence, and the gate is self-closing and self-latching
- **M**ake sure to have life-saving devices for your pool and boat (Sheppard Hooks, Life Rings, Throw Bag)
- **S**tore all pool toys and floats away from the pool at the end of the day
- **A**lways follow any Posted Warning Flag instructions and view the water for signs of a Rip Current
- **F**lotation devices should have the U. S. Coast Guard Approval. Air filled toys do not serve this purpose
- **E**veryone should know how to perform CPR. In the event of an emergency, call 9-1-1 immediately

For additional information contact us at [mnugent@gtcounty.org](mailto:mnugent@gtcounty.org)

Prevent Harm ~ Survive ~ Be Nice