



With Spring just around the corner...



Important pool safety tips for the summer

Millions of us enjoy warm weather every year by swimming in our backyard pools and relaxing in hot tubs. Tragically though, over 600 young children drown in backyard swimming pools each year in South Africa. With summer well on its way, it is important to make sure your swimming pool is safe.

Here are some safety tips to help prevent incidents at home:

- Secure your pool with appropriate barriers. Completely surround your pool with a 1.2 m high fence or barrier with a self-closing, self-latching gate. Place a safety cover on the pool or hot tub when not in use and remove any ladders or steps used for access. Consider installing a pool alarm that goes off if anyone enters the pool.
- Keep children under active supervision at all times. Stay in arm's reach of young kids. Designate a responsible person to watch the water when people are in the pool—never allow anyone to swim alone. Have young or inexperienced swimmers wear swimming aids.
- Ensure everyone in the home knows how to swim well by enrolling them in age-appropriate water orientation and learn-to-swim course.
- Keep your pool or hot tub water clean and clear. Maintain proper chemical levels, circulation and filtration. Regularly test and adjust the chemical levels to minimize the risk of earaches, rashes or more serious diseases.
- Establish and enforce rules and safe behaviours, such as “no diving,” “stay away from drain covers,” “swim with a buddy” and “walk please.”
- Ensure everyone in the home knows how to respond to aquatic emergencies by having appropriate safety equipment and taking water safety, first aid and CPR courses from Life Med Ambulance Service's Training Academy.

This article is meant to be used as a guideline. It is important for parents and caretakers to learn CPR and how to do it correctly.

Upcoming Training dates



0861 086 911

First Aid Training Level 1

Date: 7&8 September 2017
 Venue: 770 Nico Smith Street, Villieria.
 Book now: Call 012 330 9458/
 Email- training@lifemed911.co.za



DON'T WAIT BOOK NOW!!



CPR | BLEEDING | CHOKING | SCHOCK



0861 086 911

BAA REFRESHER

Date: 5-6 September 2017
 Venue: Life Med head office
 Cost: R500 p.p
 13 CPD & 2 Ethics



Bookings: 012 330 9458
training@lifemed911.co.za

**Do you know how to put out a fire
 At your home or at work?**



Remember!



Pull
Aim
Squeeze
Sweep

BASIC FIRE FIGHTING
 DATE: 15 SEPTEMBER 2017
 VENUE: LIFE MED HEAD OFFICE



Call 012 330 9458 or email training@lifemed911.co.za
 To secure YOUR space!



0861 086 911

BLS For Healthcare Providers



Date: 22 September 2017
 Venue: Life Med head office
 Cost: R800 p.p
 15 CPD & 2 Ethics



Bookings: 012 330 9458
training@lifemed911.co.za

Are you covered?

VitalRide Ambulance

Membership – A proud product of Life Med Ambulance Services:

HEALTH DEPT: GAUTENG AMBULANCE SHORTAGE NOT ONLY A GOVT PROBLEM

The Gauteng Health Department says this means South Africans need to work together to shrink the demand for the emergency vehicles.



Masego Rahlaga | July 2017

Did you know that there are currently only 1 ambulance for every 65 000 thousand people in South Africa including private ambulance services? According to International standards the provision of ambulance services should in fact be 1 ambulance for every 10 000 people.

This has led to a huge problem for all South African's where the demand for emergency services by far exceeds the supply that government is able to provide.

As a emergency service provider time is of great importance when we deal with a medical emergency. Minutes makes a difference whether a patient will survive or not. So when government services are requested patients often left waiting for hours before help arrives.

Life Med has created an ambulance cover that **GUARANTEES** fast ambulance service **and we pay the cost of the services.** Private care can often be expensive but now you can be rest assured and cover your family for only **R70 per month** or **R600 per year.**

For more information contact us on 012 330 9458 or visit our website www.lifemed911.co.za

GET COVER FOR YOUR FAMILY NOW

Events

Life Med has been providing medics for events for 11 years.

We had the opportunity to work at the following events in August:

- **SOUTH AFRICAN IDOLS:**

Life Med has been the designated medical standby provider for Idols.

- **TUT NETBALL COMPETITION**

Life Med sponsored the medics for the tournament

- **SOUTH AFRICAN RESERVE BANK CONFERENCE**

- **ANNUAL RECCE GOLF DAY**

Life Med was a proud sponsor for the Recce Golf day. Our Life Med team also scored a 5th place in the overall golf challenge.

- **MOOT MAKITI.**



Life Med Contact information:

Address: 770 Nico Smith Street, Villieria.

Emergency line: 0861 086 911 / Alternative: 073 639 0270

Admin office: 012 330 9458