



0861 086 911

# NEWS LETTER MAY 2017

With the year almost at half mark Life Med is still busy providing quality services in all our departments of service. Here is what we kept us busy in May!



## School Visits

**It's all about education!!** Life Med has launched a campaign where we visit schools and teach the children more about how an ambulance works and not to be afraid of medical personnel that might need to assist you. Contact us at [marketing@lifemed911.co.za](mailto:marketing@lifemed911.co.za) if you would like to know more about how we can visit your school.



## Marketing Events

Life Med was at the Wollies 4<sup>th</sup> Birthday Bash as a sponsor for the medical standy! We were also seen at the Nissan Trail Seeker Buffelsdrift Mountain Challenge promoting our exciting new product VitalRide!! Also look out for our Friday Video tips on our facebook page!!



## Launch of new product!!



Life Med has launched a new ambulance membership product giving your family or employees full ambulance cover! We guarantee fast response and we carry the cost of the service provided.

Membership Options:

- R70.00 monthly fee per family.**
- R600.00 yearly fee per family.**

Become a member today and call us on 012 330 9458 or email us at [marketing@lifemed911.co.za](mailto:marketing@lifemed911.co.za).

Visit our facebook page: VitalRide911 or [www.lifemed911.co.za](http://www.lifemed911.co.za) for more information.

ON AIR

## Radio Feature

**VitalRide** in association with LifeMed has a new medical feature on Lekkerfm Starion 98.3 every Thursday morning 08:35. Make sure your are tuned in to learn more **VitalRide** and general medical advice! VitalRide along with Lekkerfm will also be hosting a CPR Awareness day 22 July from 09:00 – 12:00 at lekkerfm basement 251 Jean avenue, Die Hoewe. Make sure you don't miss it!!



LEKKER fm en VitalRide bied 'n gratis CPR bewusmakings dag.



22 Julie 2017 van 09:00-12:00  
By die LEKKER fm Basement



Winter is here!! Make sure you stock up on Vitamin C to fight the common winter cold and flu. Wear an extra undershirt to help keep your chest warm when going out in cold.

Here are some tips if you are experiencing difficulty in breathing or when you might be having an asthma attack.

## #Life Med Tips

## What to do when you Have an **Asthma Attack**

**If you think you're having an asthma attack you should:**

1. Sit down and try to take slow, steady breaths. Try to remain calm, as panicking will make things worse.
2. Take one puff of your reliever inhaler every 30-60 seconds, up to a maximum of 10 puffs. It's best to use your spacer if you have one.
3. Call **0861 086 911** for an ambulance if you don't have your inhaler with you, you feel worse despite using your inhaler, you don't feel better after taking 10 puffs, or you're worried at any point.
4. If the ambulance hasn't arrived within 15 minutes, repeat step 2.



COMING SOON



## Things to look out for in June:

### Adventure **First Aid** for cyclists

*Presented by Paramedic and Cyclist:  
Willie Lightfoot*



Date: Saturday, 24 June 2017

Time: 08:00 – 15:00

Cost: R300-00 per person

\*Limited space available

For bookings call **012 330 9458**

Venue: Life Med Head Office, 770 Nico Smith Street, Villieria.

#### First Aid Skills:

- Bicycle related injuries (Bleeding & fractures)
- Medical Emergencies
- CPR & Choking
- Scene Management