



Quick Emergency Tips

Holly Grayton

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Here are a few tips I've learned along the way if you get into a sticky situation:

- Have a land line at the farm. Why? Because if you call 911 from a cell phone they aren't able to track your whereabouts...even tho they can on TV. If you call 911 from a land line the operator can send emergency services to your farm.
- Things to post close to the phone, 911 address, phone number, and gate code.
- If you have emergency vehicles send someone to the gates to assure they get in easily and unlock any doors they may have to go through.
- Have as many people as you can certified with a first aid as possible.
- When you find someone hurt keep them still until emergency services arrive on scene.
- Don't leave anybody unattended after you come across them.

CPR Tips from a Pro

- Sudden cardiac arrest is the leading cause of death in adults.
- The majority of cardiac arrests occur at home or in public.
- The survival rate from out-of-hospital cardiac arrest is too low.
- The use of an Automated External Defibrillator (AED) can save the lives of 30% or more of those who suffer cardiac arrest. The earlier the defibrillation occurs, the better!
- Bystanders are the difference-makers.
- 13 minutes until another person in Canada has a cardiac arrest.
- Beyond 10 minutes, there is virtually no chance of survival unless someone helps.
- Doing CPR and using an AED within the first minutes of cardiac arrest can double or triple someone's chances of survival.
- The use of CPR dates all the way back to 1740, yet even today, many individuals don't know how to perform it. Given properly and immediately to sudden cardiac arrest victims, CPR can save lives.
- A survey found that in the event of a child choking, 57% of parents would try to get the object out using their fingers; however placing fingers into the throat could cause damage.
- Most bystanders won't give CPR because they're either scared of getting involved or that they will perform CPR incorrectly. Even someone with no training is better than no CPR at all. (Phone 911 and shout for an AED. Push hard and fast in the centre of the chest. Use an AED if available).
- There's no minimum age requirement to learn CPR. The ability to learn it depends on body strength and the ability to successfully perform chest compressions. Studies have shown that children as young as 9 years of age can learn and retain CPR skills.



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- Important to still have a land line at home or at the farm. When you call 911 on your mobile phone dispatch cannot locate you. Land line only costs \$10 per month and could save your life!
- Take a First Aid and CPR course to learn these tips and more!