



Better Health

Keewatin Yatthe Regional Health Authority
MONTHLY HEALTH PROMOTION NEWSLETTER



July 2013 Theme – Summer Safety

Welcome, Tansi, Edlaneté

Summer is finally here!
We may get some thunderstorms, but fun summer activities are going on in our communities.

Enjoy summer and stay safe with this month's Better Health tips.

Send your questions, comments, submissions to:
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HEAD'S UP - THE WATER'S COLD

- | | |
|--|--|
| 1 Cold water shock begins with a big gasp | 6 Hypothermia doesn't happen right away |
| 2 Gasping, you can't control for a minute or more | 7 Thinking, breathing slows; strength decrease when cold |
| 3 Muscle spasms make it hard to stay above water | 8 Blood circulation lost to arms and legs |
| 4 Swim failure can happen in the first 10 minutes | 9 Unconsciousness can begin after one hour in cold water |
| 5 A lifejacket makes all the difference — if worn! | 10 Horizontal, gentle warming required for hypothermia |

Be Smart, Pass It On!

Observe, Think, Act, Respect, Plan, Prepare, Back-up, Learn, Enjoy!

Know your strengths, lead others onto the right path
Respect nature, know your own limits, those of others
Plan ahead, prepare equipment, have a back-up plan

Thanks to
Open Water Wisdom
for the tips
openwaterwisdom.ca

SWIM LESSONS & FIRST AID CAMP

July 15 - 18

Buffalo Narrows

In partnership:

KYRHA,
Life Saving Society &
Twin Lakes School

**FREE
LIFEJACKETS
FOR PARTICIPANTS**

Gear Up - Wear a Lifejacket!

10 things a lifejacket can do for you:

- 1 -

Keep head above water

- 10 -

Play games and relax

- 2 -

Survive in cold water

- 9 -

Set a good example

- 3 -

Be seen by rescuer

- 8 -

Hang onto your boat

- 4 -

Cold weather warmth

- 7 -

Hold children (by strap)

- 5 -

Keep you afloat

- 6 -

Help others stay afloat



For more information about the First Aid Camp
contact Geraldine Werminsky, Community Outreach Education Worker, (306) 235-5812
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