

FIRST AID

What is First Aid?

First aid is the immediate care given to someone who is injured or suddenly ill before professional medical help is available. The primary goals of first aid treatment are:

Preserve Life

Prevent the condition for worsening

Promote Recovery

Protective Services staff (located in RI 120) are trained and certified to provide first aid treatment. If you or someone else requires first aid or medical treatment while on campus, contact Protective Services at **306-585-4999**. For emergencies, it is important to call **911** before calling Protective Services.

WHEN TO CALL 9-1-1 IMMEDIATELY

- Unconscious or unresponsive person
- Trouble breathing or not breathing
- Seizures lasting more than 5 minutes
- Possible heart attack or stroke
- Major burns
- Severe bleeding
- Severe allergic reaction
- Suspected spinal injury

**DID YOU
KNOW?**

In Saskatchewan, the [Emergency Medical Aid Act](#) protects individuals from liability when providing emergency first aid, unless gross negligence is suspected

First Aid Kits & Supplies

Protective Services maintains fully stocked first aid kits; both on-site and in security vehicles and are available 24/7 for on-campus emergencies. If you would like to purchase a workplace first aid kit for quick access to basic supplies (such as bandages and antiseptic) UR Stores in RI 110 can order kits and supplies based on your needs.

Be Prepared

- Keep a first aid kit in your home, workplace, and vehicle.
- Check first aid kit supplies regularly! Replace expired items.
- Take a certified First Aid and CPR Course

**STAY CALM AND
ACT CONFIDENTLY!**

**Doing something is
better than doing
nothing**

Additional First Aid Information

<https://www.redcross.ca/training-and-certification/first-aid-tips-and-resources>

<https://www.heartandstroke.ca/how-you-can-help/learn-cpr>