

BOHC Safety Check-up

The following information is provided to BOHC players to equip them with important first aid information if a participant has a heart attack.

We recommend that players print off this checklist, and keep it in their hockey bags for reference in case of an emergency. Players are also encouraged to carry Aspirin (ASA) with their hockey gear as it's a recommended step in lessening the severity of a heart attack.

Recognizing Signs Of A Heart Attack & Immediate Steps

SAFETY REQUIRES TEAMWORK

Recognize the signs & know how to help

Signs of a heart attack

- Chest discomfort**
Pressure, squeezing, pain, burning or heaviness
- Sweating**
- Upper body discomfort**
Neck, jaw, shoulder, arms, back
- Nausea**
- Shortness of breath**
- Light-headedness**

Experiencing signs of a heart attack?

- 1. Call 9-1-1**
Call 9-1-1 immediately. Emergency personnel can start treatment enroute to the hospital.
- 2. Stop all activity**
Sit or lie down, in whatever position is most comfortable.
- 3. Take nitroglycerin**
If you take nitroglycerin, take your normal dosage.
- 4. Take Aspirin**
Chew and swallow an Aspirin (ASA) if you are not allergic or intolerant.
- 5. Rest and wait**
Stay calm while waiting for help to arrive.
- 6. Keep a list of your medications**
in your wallet and by the phone.

Step One: Call 9-1-1 Immediately

One team member should call 9-1-1 immediately. When the 9-1-1 dispatcher asks for the arena address, it can be found on all arena boards (see below). It can also be found on the “*BOHC Emergency Contact Form*” that each team Captain should have in his hockey bag.



Step Two: Follow Red Cross Instructions on Page One

While one team member is calling 9-1-1, other team members should follow the steps outlined on Page One.

Step Three: Use of AED Machine

Simultaneous to team members conducting Steps One and Two, another team member should get the AED machine from the arena’s lobby.

An AED, or automated external defibrillator, is used to help those experiencing sudden cardiac arrest. It's a sophisticated, yet easy-to-use, medical device that can analyze the heart's rhythm and, if necessary, deliver an electrical shock, or defibrillation, to help the heart re-establish an effective rhythm.

AED machines use visual and voice prompts to walk you through proper usage. As a proactive step, you can view a video on how to use an AED machine here:

<http://www.bohc.ca/about.aspx#pagelid=13945>

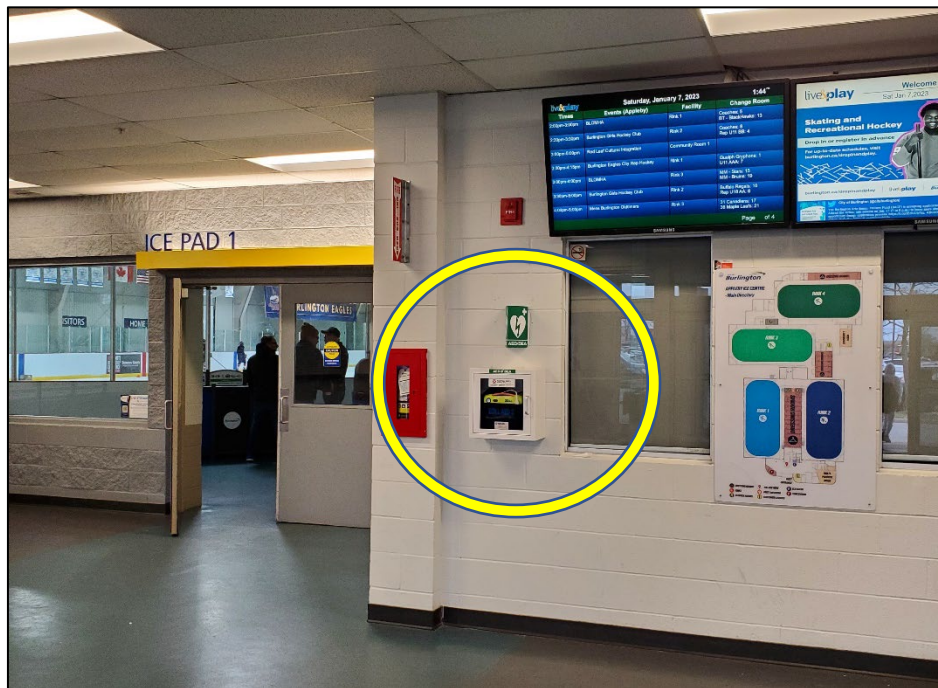
Arena Locations of AED Machines

AEDs are located in all Burlington arenas' lobby and second-floor spectator areas (if applicable).

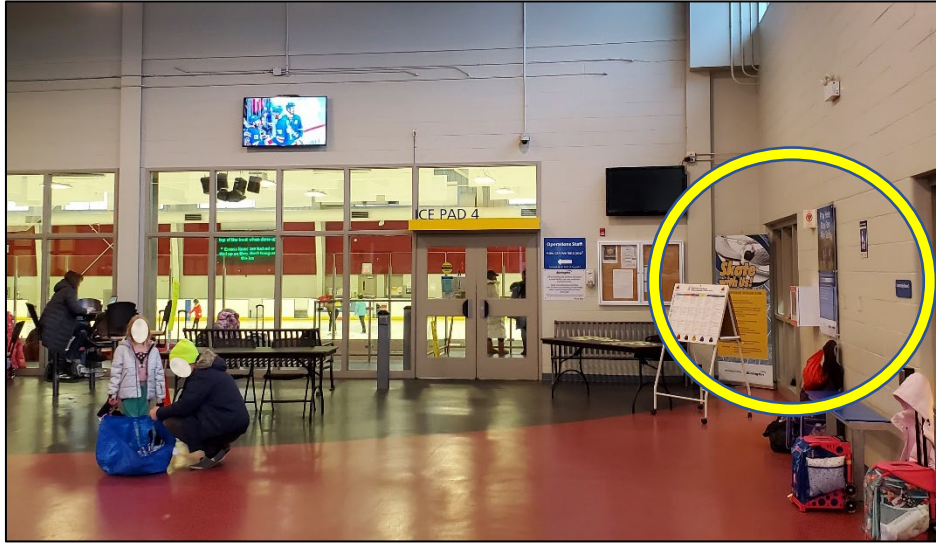
Here are the locations in the BOHC's primary rinks (Appleby 1 & 2, Appleby 3, Central, and Mainway 1 & 2). Also notice the yellow "CALLBOX" buttons...these are used to radio arena staff. However, the priority is to call 9-1-1, and administer the AED machine.



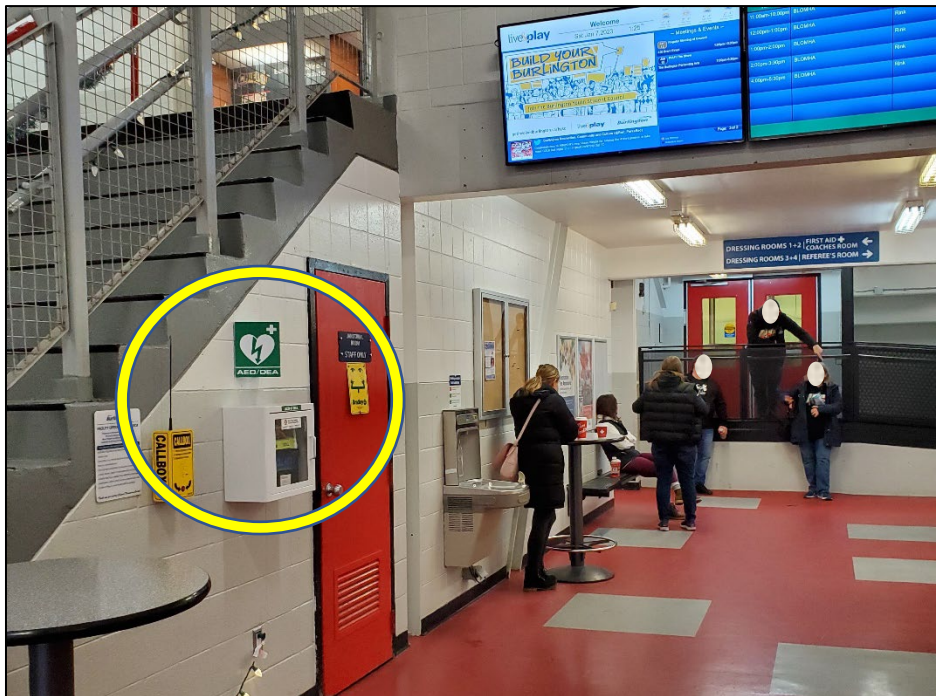
Appleby 1 & 2 Lobby:



Appleby 3 & 4 Lobby:



Central Arena:



Mainway Arena 1 & 2 Lobby:



Hector's: