



KEEPING PEOPLE SAFE - AT HOME AND AT WORK

Imagine you're at home and your child begins to choke – do you know what to do? What if you're at work and a colleague is injured or becomes gravely ill – what's the first step? The best way to ensure you're ready to deal with a crisis quickly and effectively is to prepare ahead of time. Giving you knowledge and tools that build your confidence to make life-saving decisions – that's what we're all about.





F.A.S.T. Rescue

Keeping people safe — at home and at work

F.A.S.T. Rescue is a leader in safety training and equipment solutions. We provide everything you need, as an individual or an organization, to handle emergencies whenever and wherever they occur. We also help companies navigate the complex requirements of different provincial regulators, build customized programs and provide product solutions (such as AEDs, oxygen equipment, protective clothing and First Aid kits) to meet your specific needs. Beyond fulfilling the legal requirements of a workplace, we can help you take care of your most valuable business asset — your people.

F.A.S.T. Rescue is:

... a recognized training provider for the Workplace Safety & Insurance Board (WSIB) Reg. 1101

... an authorized training provider for the Canadian Red Cross

... a go-to resource for health & safety standards and policies, with up-to-date information on provincial regulations

TRAINING

That exceeds industry standards F.A.S.T. Rescue's trainers include master instructor-trainers for the Canadian Red Cross and Heart & Stroke Foundation, paramedics, firefighters, members of the Canadian Armed Forces, aquatic supervisors and registered nurses. We look beyond designations and certifications, choosing our instructors for their ability to bring scenarios to life and prepare people to respond to out-of-the-ordinary situations within a secure and friendly environment.

These skilled professionals deliver courses on a wide range of safety topics that can be tailored precisely to your requirements.

First Aid and CPR Training

Courses developed for individuals who desire knowledge in First Aid and CPR techniques for the workplace or home that meet industry, business and government requirements.

CPR/AED — Practice cardiopulmonary resuscitation (CPR) techniques that can assist cardiac arrest victims by keeping oxygen-rich blood pumping until help arrives, and learn how to operate an Automated External Defibrillator (AED) to diagnose and treat arrhythmias.

Emergency First Aid — Learn to think, react and improvise in emergency and life-threatening situations — and stay cool under pressure. In addition to learning CPR/AED, this program will provide you with basic First Aid skills.

After only having taken First Aid training within a couple of weeks of the incident, the CTO of Treefrog saves the day by performing abdominal thrusts on a client who was choking during a lunch meeting. This just proves how crucial safety training can be. Thank you to F.A.S.T. Rescue and their team for the training!

Standard First Aid — Learn how to help people experiencing a variety of medical emergencies, including heart attacks, bleeding and shock, head and spine injuries and bone fractures. The objective is to preserve life, prevent additional injury and promote recovery while understanding how you can stay safe while helping others.

Advanced Training

Emergency First Responder — Learn how to administer oxygen, take blood pressure, and work with spine boards and cervical collars. Be ready to put your skills into action at a moment's notice. This advanced First Aid course has been endorsed by the Office of the Ontario Fire Marshall (OFM) and is designed for First Responders.

Emergency Medical Responder — This 80-hour course meets the National Occupational Competency Profiles for the Practitioner Level of Emergency Medical Responder as established by the Paramedic Association of Canada (PAC)

Workplace Training

General Health & Safety — Take advantage of flexible WebLink courses on a range of topics, with instructors available in real time to interact with course participants and answer their questions.

Workplace Hazardous Materials Information System (WHMIS) Learn about Canada's national hazard communication standard, including labeling requirements, material safety data sheets (MSDS) and workers education.

Construction Trades — Choose from specialized programs for forklift operators, overhead crane operators and workers on elevating work platforms, or get in-depth information about fall protection and arrest.

Fire Training — Learn how fire extinguishers operate and how to extinguish different types of fires. Choose an in-class program with "hands on" instruction and/or a realistic simulation in your own facility.

And more ...

These are just some of our training programs. If the Health & Safety course you're looking for isn't listed, we can still be of assistance. Please contact us for more information.

We were amazed at how much we learned from our instructor. We not only were taught how to perform CPR, but the rationale behind each step of the process. We have great respect for what F.A.S.T. Rescue offers especially their team of professionals.



SAFETY PRODUCT SOLUTIONS

Top-of-the-line

When most people think of “safety products,” they think of first aid kits — but it takes more than that to keep a home or workplace safe. Whether you’re following up on one of our courses, or simply need to order essential supplies, go to www.fast-rescue.com and visit the online store for all your safety needs.

First Aid Kits

We have kits designed for the workplace that meet and exceed provincial standards for vehicles, for the outdoors and for sports. We also offer other first aid necessities, including bandages, gauze and dressings; antiseptic wipes, ointments and Q-Tips; hot and cold packs; burn kits; and splints and collars.

Automated External Defibrillators

Automated external defibrillators (AEDs) can increase the chances of survival by up to 40%. With every minute of delay, survival chances decrease between 7% and 10%.* In recognition of the importance of AEDs, the Chase McEachern Act (2007) Heart Defibrillator Civil Liability was put into place to protect non-medical establishments and business owners with AEDs on-site from lawsuits.

AEDs are easy to use, inexpensive and dramatically increase the odds of survival. Contact F.A.S.T. Rescue for a complimentary demonstration.

*Source: Heart & Stroke Foundation

Medical & Dental Instruments

We have professional instrument kits, as well as individual items such as forceps, scissors, gloves, pleated masks, cutters, basins, instrument trays, safety pins, medical accessories and lights.

Stretchers & Accessories

Stretchers help to transport the injured or ill safely to hospital for appropriate treatment. In addition to a variety of stretchers, we have stretcher bags and cabinets, blankets, pillows, disposable pillow covers and sheets.

Eye Wash Stations

A well-equipped eye wash station includes eye care accessories and eye wash solutions which range from portable units to units meeting ANSI Z358.1 standards. We also stock emergency showers.

Dean Turner has provided excellent training and superior safety equipment materials. He's always accommodated our needs to meet our schedules. His classes are interactive, informative and very well received. His safety supplies are top of the line and are very competitively priced.

Oxygen Equipment

First aid therapy often involves the administration of oxygen. Our oxygen kits, airway devices and bag-valve masks ensure that you can provide casualties with the necessary care.

Bio-hazard Equipment

If your workplace generates bio-hazard waste, it's vitally important to dispose of it appropriately. Our bio-hazard kits, bags and accessories, including labeled plastic disposal containers, can help you manage bio-hazard waste efficiently and safely.

Emergency Supplies

There are a range of supplies that can help you weather an emergency, including water tablets, food rations, light sticks, candles, matches, ring and seatbelt cutters, flares, tire sealant and booster cables. It's a good idea to keep a kit of emergency supplies at home and another one in your vehicle.

Protective Clothing

We offer protective and fire-retardant clothing, lab wear, boots and aprons, as well as disposable and reusable gloves, hard hats, masks, hearing protection and eye and face protection.

And more . . .

This is just some of the product solutions we carry. If the safety product you're looking for isn't listed, we can still be of assistance. Please contact us for more information.





Our story

After a career in Canada's military, training soldiers to stay safe during overseas missions, Dean Turner founded F.A.S.T. Rescue to share his expertise with the civilian public. For the past decade, he has led safety training initiatives, focused on everything from first aid to disaster management, for major organizations across Canada. During that time he has also assembled a team of professional instructors, selected for their technical expertise, ability to communicate, patience towards course participants and compassion to educate others on saving lives.

More recently, the company introduced a comprehensive range of high-quality safety products — available on its own or as part of a training and equipment package.

Contact us to find out how we can support your health and safety efforts.

F.A.S.T. Rescue's clients represent a cross-section of industries with distinct safety training and product solution needs. We work with large and small companies — here are a few of the biggest:

- Bell Canada
 - Bombardier Aerospace
 - Cadillac Fairview
 - Canadian Tire
 - Expertech
 - Honda Canada
 - Lexmark Canada
- Magna International
 - McDonald's
 - McMaster University
 - Prizm (KFC, Taco Bell, Pizza Hut)
 - Royal Canadian Mounted Police
 - Ryerson University
 - Vancouver Coastal Health

F.A.S.T. Rescue Inc.
750 Oakdale Rd., Suite 56
Toronto ON Canada M3N 2Z4

Phone 905 760 2045
Toll-free 866 706 SAVE (7283)
Fax 888 313-8368

E-Mail info@fast-rescue.com
Web www.fast-rescue.com

