



St. John Ambulance

**SAVING LIVES**  
at work, home and play

## EMPLOYEE DAILY

# CHECK LIST

- Are you feeling fatigued or overwhelmed in the workplace?
- Are you aware of the location of all emergency exits and muster points?
- Are the emergency exits easily accessible?
- Do you have quick, clear access to an electrical box or emergency shutoff in case of a malfunction or emergency?
- Do you know who to report unsafe working conditions to?
- Are the stairwells free of obstructions?
- Are you aware of the location of the nearest first aid kit in your workplace?
- Are you aware of the location of the nearest AED in your workplace?
- Are you confident in your ability to administer first aid to yourself or another person?
- Are you confident in your ability to utilize an AED on another person?
- Is there particular safety equipment available for the workplace?
- Is this equipment correct and in good condition?
- Are there any exposed electrical components or wires?
- Are you aware of the location of the nearest fire extinguisher?
- Stress in the workplace can lead to mental and physical strain – have you witnessed any concerning behaviour in your coworkers or yourself?
- Are you and other coworkers wearing the appropriate clothing and shoes respective to the workplace?
- Is the workplace in a clean and orderly condition?
- Is the workplace sanitary?
- Have you witnessed any concerning behaviours (compromised judgment, coordination, alertness, motor control) that puts coworkers at risk?
- Are you aware of all the potential hazards and risks to your health, safety and wellness in your workplace?



# FIRST AID KITS FOR HOME OR PLAY

1-800-665-7114  
stjohn.ab.ca



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**\$30**  
(gst included)

## FAMILY FIRST AID KIT

At home or at the cabin, this kit contains the essential materials to deal with large, medium and small-sized wounds, as well as burns.



**\$30**  
(gst included)

## SPORT FIRST AID KIT

From splints to cold compresses, this kit contains the necessary first aid supplies to deal with sports injuries. Coaches and trainers will appreciate its compact size - easy to add to a gym or sport bag.



**\$24**  
(gst included)

## VEHICLE FIRST AID KIT

Perfect for any vehicle, this kit holds the necessary items to handle first aid on the road. Includes an SOS signal sign.



**NEW PRODUCT!**

**\$25**  
(gst included)

## PET FIRST AID KIT

Even pets can benefit from first aid and we've designed a special kit with them in mind.



**\$20**  
(gst included)

## FANNY PACK FIRST AID KIT

Perfect for outdoor activities like bike rides, skating, walking, hiking, cycling and roller blading.

**PET FIRST AID MANUAL**

**\$11.50**  
(gst included)

