

news & notes

AEDS AND CPR

People who are responsible for using an AED should also be trained in cardiopulmonary resuscitation (CPR). After the AED delivers a shock, it often prompts the operator to continue CPR while the device continues to analyze the victim. But even if you're not trained in full CPR, you can still give first aid.

When a person isn't breathing, seconds count. Irreversible brain damage occurs within 3 minutes. You must act fast.

The American Red Cross advises that in such cases, bystanders untrained in CPR should call 911 and begin Compression-Only CPR immediately. The reason is that chest compressions will help get oxygen-rich blood circulating sooner than rescue breaths.

Here's how:

- Give 30 chest compressions by placing both hands in the center of the victim's chest with one hand on top of the other and pressing down with the heel of your hand 1 ½ inches to 2 inches.
- Press quickly at a rate of about 100 compressions per minute.

In most places, emergency responders will arrive within 3 to 4 minutes so continue compressions until then.

While these instructions are for untrained bystanders, consider taking full CPR training. Check www.redcross.org for local chapters who offer training.



How doctors jump-start their cars.

EMPLOYEE SAFETY NEWSLETTER

June 2011

Provided by Hierl Insurance, Inc

The ABCs of AEDs

Know how to use these life-saving devices

The first week in June is **National CPR and AED Awareness Week**. You may already know that CPR stands for cardiopulmonary resuscitation. But now you also need to know that AED stands for automated external defibrillator. And what does that mean exactly?

What are AEDs?

AEDs are computerized medical devices that can check a person's heart rhythm. They can recognize a rhythm that requires a shock and advise the rescuer when a shock is needed. The AED uses voice prompts, lights, and text messages to instruct the rescuer. More and more workplaces are purchasing AEDs to have another vital first aid tool to protect their employees. If your workplace has an AED, consider getting trained on how to use the AED so you'll be confident in how to operate the device successfully in an emergency situation.

Why Are They Becoming So Widespread?

The reason AEDs are becoming widespread in the community and workplace is that sudden cardiac arrest (SCA) is responsible for between 300,000 to 400,000 deaths every year in the United States. However, prompt treatment with an AED to restart the heart can save many lives. Although costs vary, many models are available for between \$1,500 and \$2,000, which means most ambulances and first-response vehicles are now equipped with AEDs—as are more and more public places, such as sports arenas, shopping malls, doctors' offices, and many workplaces.

How Do They Save Lives?

SCA occurs when ventricular fibrillation (VF) takes place or when the heart stops beating altogether. Causes include:

- Heart attack
- Electrocutation
- Asphyxiation (loss of consciousness and death caused by inadequate oxygen in the work environment, such as in a confined space)

Most often cardiac arrest is due to VF, the uncoordinated beating of the heart, which can be restored to a normal rhythm if treated early with electric shock (defibrillation).

- The sooner defibrillation is started, the more likely the victim will survive.
- The optimum time for defibrillation is 3 to 5 minutes after the onset of the cardiac arrest.

Even with an AED at hand, emergency personnel should be called immediately—follow-up treatment at a medical facility will be required.

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HOME SAFETY

June is **Home Safety Month**. According to the Home Safety Council (www.homesafetycouncil.org), every day 55 people die in American homes and 58,000 people are injured enough to need medical care. Five common causes of home injuries involve:

1. Falls
2. Poisonings
3. Fires and Burns
4. Choking and Suffocation
5. Water dangers

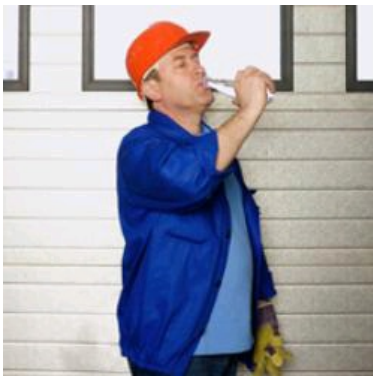
Help prevent falls in your home by:

- Installing handrails on stairways and grab bars in tubs
- Installing bright lighting in stairs and hallways
- Using ladders rather than furniture to reach heights

Prevent poisonings by:

- Locking up cleaners and medications
- Keeping these materials in their original containers
- Following directions for use of these materials
- Posting the Poison Control Center number by phones: 800-22-1222

Check out the Home Safety Council website for more information on how to prevent accidents and injuries at home from all 5 home dangers—as well as other home hazards.



Near Misses Are Real Issues

Report and investigate them

Near misses are accidents that almost happened or accidents that did happen but that did not cause injury or damage. Near misses are also sometimes called “close calls” because the difference between a near miss and an accident could be a fraction of an inch or a split second.

According to the National Safety Council, 75 percent of all workplace accidents are preceded by one or more near misses. With that startling statistic in mind, treat near misses as warnings that an accident is likely to occur. Just because you narrowly avoided a disaster this time doesn’t mean that you are safe and that the same situation couldn’t cause an accident and injury next time.

You can prevent injuries to yourself and your co-workers by paying attention to near misses and taking them seriously as safety incidents that require immediate attention. Here’s how to respond effectively to near misses:

- If you can safely eliminate the hazard that caused the near miss, do so immediately.
- Report all near misses to your supervisor right away, even if you have removed the hazard.
- Never dismiss a near miss as just a lucky break and forget about it.
- Explain to your supervisor what happened, when it happened, which equipment or materials were involved, who was involved, and what you think caused the incident.
- Cooperate in investigations of near misses; don’t worry about being blamed.

Some Don’t Like It Hot!

Stay safe in the heat

Follow these 6 steps to protect yourself from the heat this season:

1. **Practice pre-hydration.** Before you start work, drink up to 16 ounces of fluid. After you begin work, drink 8 ounces every 20 minutes during the activity.
2. **Drink the right stuff.** Plain water is the best for quenching thirst. Never drink alcoholic beverages when working in the heat.
3. **Become acclimated to the heat slowly.** If possible, take 5 to 7 days to reach a full work schedule in the heat. If you’ve had previous experience with the job, your heat acclimation may be quicker than if you’re new to the job and/or to working in the heat. Remember that after about 4 days of working in cool conditions, your heat acclimation will decrease.
4. **Don’t wear a hat.** The body loses a lot of heat out of the top of the head. If you’re in hot shade, don’t wear a hat. If you’re in direct sun and need shading, wear a visor that’s open at the top. Also see #6.
5. **Wear the right fabric.** Cotton is great at absorbing moisture from the skin while sweating, but it can create a problem if it gets soaked. If possible, wear a loose, thin, white, synthetic t-shirt while working in the heat. Synthetic material does not absorb sweat, but sends it off the skin to be quickly evaporated.
6. **Don’t remove PPE.** You must wear required PPE even in the heat. Pay attention to your reaction to the heat and ask for a break if you start to feel overheated.