

First Aid Depot

Safety News and Review

The quarterly Newsletter of First Aid Depot

Our 13th year!

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Five leading causes of injury death

Special points of interest:

- What causes death from injuries?
- Hand Washing worsens.
- Driving While Drowsy can be as dangerous as DWI
- Have you restocked your first aid kit lately?
- Are drugs an issues in your workplace?
- Is flextime good for your health?

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This information is useful information for your work or professional life. These are the 5 leading causes of injury death, Motor Vehicles, Falls, Poisoning, Choking and Drowning.

Motor Vehicles

Motor vehicle crashes are by far the most prevalent cause of unintentional injuries, constituting 40% of all unintentional injury death in people 20 and older. In 2005; 45,800 motor vehicle related deaths occurred. 2.4 million disabling injuries resulted from motor vehicle accidents. The majority of motor vehicle related deaths

occurred in the 15-24 age bracket.

Falls

Injures resulting from falls were the leading reason for hospital emergency room visits in 2004. In 2005,



17,700 fall-related deaths occurred, of those 17,000 took place off the job and the highest rate of occurrence was in the 75 and

older age bracket.

Poisoning

Poisoning deaths include deaths from drugs, medicines, gases and vapors. Narcotics constituted 47% of all poisoning deaths in 2003. In 2005, 20,900 unintentional deaths were recorded, off the job poisoning deaths numbers 20,700 and the highest rate of occurrence was in the 25-44 age bracket.

Choking

Data regarding choking includes deaths attributable to the ingestion or inhalation of food or other objects that

Drugs in the workplace

Employees who use drugs miss work more often, are less healthy, and are more prone to harming themselves and others in the workplace. A recent Government survey on drug use showed 8.2% of full-time US workers between 18-64 years old had used illicit drugs in the

past month. Illicit drugs were defined as marijuana, cocaine, inhalants, hallucinogens, heroin and prescription-type drugs used non-medically. It defines heavy alcohol use as drinking five or more drinks at the same time or within a couple of hours, five or more times in the past

30 days. Some 8.8 percent of survey respondents reported heavy alcohol use in the past month.

While the overall rate of drug use among workers is less than 10 percent, things get dicey when looking at illicit drug use

Healthy tips for Living

As reprinted from *Health & Safety Magazine of the National Safety Council*.



Hand Washing habits worsen.

A recent study shows that while 92% of people wash their hands after using a public rest room, only 77% were observed doing so. Men were by far the worst offenders with only 66% observed washing up, an 11% drop from 2005. Women

were seen maintaining much higher standards, dropping only to 88% in 2007 from 90% in 2005.

Personal Protective Equipment (PPE)

You should always insure that your first aid team members are properly protected with PPE. At the very least your first aid kit should include a pocket face mask when performing mouth-to-mouth resuscitation, and

gloves for making contact with a victim. Gloves should be worn when touching any victim. Also consider more supplies for heavier bleeding. This equipment includes eye goggles for spurting blood as well as a gown, and face mask. Ideally these supplies should be in the first aid kit, but consider a set for each member of the team since they may respond before the first aid kit arrives at the emergency.

Automated External Defibrillation



Those companies that have invested in an AED have done so because they value the life of their employees, residents, suppliers, etc. regardless of the fact that it may be mandatory,

Part of the responsibility of having an AED on site is to ensure that it functions properly and that the pads are not expired.

Most AED's only have 2 items that need to be checked and/or

replaced periodically, the battery and the pads.

Although the battery has a 5-year life it will drain faster if you use the unit on a victim (s). The battery indicator should be checked monthly. The unit pictured to the left has the battery indicator on the upper right side of the handle, this indicator runs off a separate 9 volt battery which needs replacing, consider replac-

ing the 9 volt with day light savings when smoke detector batteries are changed,.

The AED pads also expire after 2-4 years. Specifically the adhesive starts to weaken which compromised the units ability to read an EKG. Pad's aren't expensive but there're necessary. Adult Pads sell for \$99.00/set and Pediatric Pads sell for \$159.00/set.

Drugs in the workplace continued



by occupation and industry. For instance, 16.9% of food service workers surveyed said they had used illicit drugs in the past month, and 13.7% of construction workers admitted to drug use. On the lower end were utilities, educational and public administration, reporting 3.8,

4.0 and 4.1% respectively,

The survey identified the smaller workplaces have either minimal or no drug or alcohol testing program in place, have more illicit drug users on a percentage basis.

Are drugs and alcohols in

the workplace an issue? The National Institutes of Health, put the cost to the economy at \$246 billion in 1992 and the cost to American business at an estimated \$81.6 billion.

Consider a program at your work place to identify and treat these employees.

Five leading causes of injury death continued

obstruct respiration. More than half of all choking deaths occur in the home. Data from 2005 shows 4,600 choking deaths were recorded, off the job choking deaths numbered 4,500. The highest rate of occurrence was in the 75 and older age group.

Drowning

Data regarding drowning does not include accidents

involving boats. The greatest number of drowning deaths occur in natural bodies of water according to the National Safety Council. Data from 2005 indicate that 3,600 death occurred, the vast majority of those deaths, 3,400, occurred off the job, The highest rate of occurrence was in the 45-64 age bracket.

Something common to all these injuries and injuries in general is that they are avoidable. We previously reviewed some of these topics. Falls can be attributed to uneven surfaces, rugs, etc. Motor vehicle accidents remind us of the importance of defensive driving. Poisoning, choking and drowning can also be avoided if we slow down and pay attention.



Flex Time

According to a recent study in Winston Salem, NC workers who have flexible work schedules have healthier lifestyles, according to a study published in the *Journal of Occupational and Environmental Medicine*.

Researchers at Wake Forest University School of Medicine evaluated the behaviors

of American workers at a large pharmaceutical company, including hours of sleep, frequency of physical activity and the workers' perceptions of their own lifestyles. These were measured against self-reported workplace flexibility, which includes the ability to work from home, telecommute or condensed workweeks.

According to researchers, all behavioral indicators of health increased in correlation to the worker's level of flexibility on the job, meaning employees with the most flexible work schedules led the healthiest lifestyles.

Maybe your organization could improve the work lives of some employees.

*“Flex Time
Is good
For your
Heath”*

Driving While Drowsy (DWD)

DWD (Driving While Drowsy) has been determined to be as dangerous as DWI (Driving While Intoxicated) and driving while using a cell phone.

The problem with drowsiness is inattention to driving. The same is true of cell phone use; DWI drivers don't have proper coordination and judgment to operate a motor vehicle,

On long stretches of roadway the highway lines can be hypnotizing, poor or no lighting and few distractions can also contribute to drivers having less to focus, therefore a boring and less interactive trip. Although there are thought to be some techniques to help with drowsiness, such as rolling down the window, drinking coffee, listen to the radio, taking a cat nap,

eating, etc. it has now been determined that these techniques with not last more than 20 minutes. Drowsy drivers need to sleep, it makes more sense to pull over and sleep verses a short term technique.

If you feel yourself dosing off, or imagining things, wandering thoughts or you don't recall how you covered long stretches of road way, get some rest.



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First Aid Kits

It's recommended that smoke detector batteries be checked twice a year during day light savings time change.

We'd recommend the same diligence for your First Aid Kit. There are items which need to be replaced because they expire, perhaps sugar packs for the diabetic need to be changed, if you used several triangles on your last emergency they may need replacing.

The First Aid Kit (s) maintenance should be the responsibility of one person or the work place safety com-

mittee.

Before the First Aid Kit is restocked consider the type of emergencies that were experienced the past year, was the kit properly stocked for the type of emergencies, if not, it may be time to rethink the contents of the kits. Similarly is the locations of the kits, did they reach the victim in a timely manor, should you rethink the location and perhaps quantity of kits?

Also consider a First Aid Kit that is highly intuitive for the users, as an example, First Aid Depot only endorses this

First Aid Kit do to its simplicity in pre-packed items for specific emergency types, Each pack included the items needed for that particular emergency and step-by-step treatment instructions.

Call 476-4280 to learn more.

