

First Aid Depot

Safety News and Review

The quarterly Newsletter of First Aid Depot

Our 13th year!

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Cubical Catastrophes

Special points of interest:

- Common hazards in an office setting
- The scoop on hands only CPR
- What is HAVS and how can you avoid it?
- Automated Enforcement explained
- What are the common construction hazards?
- Offer Defensive Driving

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The office building is a place where thousands of Americans are injured every year. We're not talking about hazards on the manufacturing floor or in shipping, but rather in the office.

Bang and Blame

Office employees are surrounded by filing cabinets and a maze of cubicle walls creating blind spots. File cabinets are a major source of office injuries. When too many drawers are open at once cabinets can top over if not secured. Unattended drawers can be pulled out too far and dropped.

Office equipment, such as

copy machines or printers can be dropped when being moved by an employee. Nearly 75% of all strain or exertion mishaps occur when an employee is trying to move an object.

Stop Working



Death in office fires are somewhat rare-an average 4 deaths and 51 injuries occur each year. Don't assume it's a small fire or a nuisance

alarm or a false alarm, Employers should have an evacuation plan for their workers, who should be familiar with the plan. This is generally an area where most companies excel in their employee training.

Falling down, sitting down

Keeping on office and aisle clear of boxes and debris can cut down on trips and falls, which are the leading causes of accidents for employees in an office. Employees suffered 20,560 disabling falls in 2006 the required time away from work.

Although the stairs seem like the source of the most

Hands Only CPR

There's been more press discussing Hands only CPR so it seemed like a good issue to revisit.

The 2005 ECC (Emergency Cardiac Care) changes included Hands Only CPR. Most of the folks we instruct would never

find themselves in a the situation where hands only CPR is appropriate.

Hands-Only CPR is CPR without mouth-to-mouth breaths. It is recommended for use by people who see an adult suddenly collapse in the "out-of-hospital" setting. Which means you would

need to "witness" the Cardiac Arrest.

If you witness and Arrest:

1. Call 911 (or send someone to do that).
2. Begin providing high-quality chest compressions by pushing hard and fast in the center of the chest with minimal interruptions.

Healthy tips for Living

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

The summer is here and so are heat emergencies.

Remember to hydrate in the upcoming months. Dress lightly and drink water or a sports drink. The body will perspire 1 liter of fluid an hour for 3 hours maximum. If not properly hydrated the victim will suffer heat exhaustion. Cool the victim,



remove their warm clothes and re-hydrate. The victim's condition will change from heat exhaustion to heat stroke. The heat stroke victim will be unconscious, hot and dry, this is a true emergency needing hospital treatment immediately.

Burns

There are 3 major burns. First Degree, characterized by a red discoloration, similar to a sun burn can be

treated with large amount of cool water. Second degree burns are deeper within the skin with blisters, they take about a month to heal and are also treated by large amounts of cool water. Third degree burns are the deepest burns to be treated and may require skin grafting. The surface layer of skin will most likely include first and second degree as well and are also treated with large amount of cool water.

Hands Only CPR continues



Who should receive Hands-Only CPR?

Hands-Only CPR is recommended for use on adults who suddenly collapse. The American Red Cross (ARC) recommends conventional CPR (that is, CPR with a combination of breaths and compressions) for all infants and children, for adult victims who are found already unconscious and not breathing normally, and for any victims of drowning or collapse

due to breathing problems.

The ARC still recommends that you learn conventional CPR that includes mouth-to-mouth breathing. There are many medical emergencies that cause a person to be unresponsive and to stop breathing normally. In those emergencies, **CPR that includes mouth-to-mouth breathing may provide more benefit than Hands-Only CPR. Some examples include:**

- Unresponsive infants and children
- Adult victims who are found already unconscious and not breathing normally
- Victims of drowning or collapse due to breathing problems

Therefore the likelihood of being with a victim of sudden cardiac arrest who does not fit into the categories above are so slim it will mostly likely never present itself.

Hand-Arm Vibration



Hand-Arm Vibration Syndrome (HAVS), it's a real thing, most likely caused from using a chain saw. It can cause circulatory problems, sensory nerve damage and injuries to bones, joints and Muscles.

Here are several symptoms of HAVS:

- Intermittent tingling of one of more fingers
- Blanching of fingers
- Pain in the fingers
- Loss off grip strength
- Numbness
- Carpal tunnel syndrome, or pressure on nerves

To help control HAVS

- Choose a saw with a low vibration
- Allow for periods of rest
- Consider wearing anti-vibration gloves
- Don't grip the saw too tightly
- Exercise hand & fingers

Cubical Catastrophes continued

injuries, more can occur from chairs. People recognize hazards posed by stairs more readily than those caused by chairs (leaning back, getting up or sitting down, etc.).

Microbe menaces

Some hazards are invisible to the naked eye. A recent study of more than 100 offices found 400 times more germs on a desktop

than on the average toilet seat. Some microbe menaces may not be lingering on a desk, but in the air. Indoor air sometimes can have a higher level of pollutants than the air outside.

Vision and Posture

Computer use in office buildings has increased dramatically in recent years, leading to health

effects from the working posture. Eyestrain and irritation are among the most frequently reported complaints from users of video display terminals, which consist of a computer, screen and keyboard. Fatigue and musculoskeletal problems can also develop from sitting still for lengthy periods at a work station.

Evaluate the office often.



Offer Defensive Driving

Don't forget that First Aid Depot offers Defensive Driving courses.

They administrate the "I Drive Safe" Point Insurance Reduction Program.

The 6-hour class is taught on site and First Aid Depot provides all the materials and Audiovisual equipment needed.

Upon successful completion the New York State Department of Motor Vehicles is notified and if the student has points, up to 4 points are reduced from the drivers record. Additionally, the student will receive a certificate that they can forward to their insurance company for a minimum of a 10% discount off their, Liability, Colli-

sion and Comprehensive premium. The course is pass/fail and the only requirements for successful completion are participation and attendance.

Defensive Driving is a great benefit to offer employees, the tuition can be shared or paid by either the employer or employee.

"Defensive Driving Courses are a great employee benefit"

Automated Enforcement

As a reminder, many cities are allowed to enforce driving rules through automated enforcement. These roadways are sometimes marked but most are not.

The automated enforcement doesn't penalize the driver of the vehicle, but rather the owner of the vehicle. If the vehicle speeds on a roadway or runs a red light a camera simi-

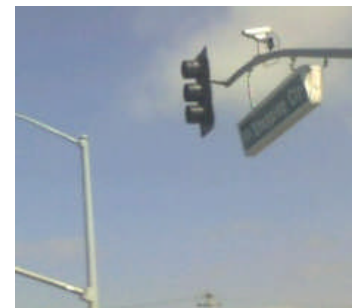
lar to the photo on the right takes a photo of the car, the license plate and the infraction (speeding or failure to obey a traffic device).

The jurisdiction doesn't want to punish the driver, they want to change behavior and they want money from those who demonstrate poor behavior.

NYC collects Millions in fines

every year. The fines vary, but \$50.00 to \$100.00 is not uncommon.

Failure to pay the fine will result in problems for the vehicle owner during inspection and/or revocation of the vehicle registration. The state has all the power. When there's a good excuse, like running a red light during a funeral procession, the fine will be dismissed.



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Construction Hazards

Working on a construction zones means being exposed to a number of hazards. Following safe practices can help eliminate these hazards and significantly reduce the number of on-the-job injuries and deaths. Here are the most common causes of injuries and how to prevent them.

Falls

Always use appropriate fall protection. Install and maintain perimeter protection when working from heights. Cover and secure all floor openings. Follow safe practices when using ladders

and scaffolds.

Struck-by accidents

Never position yourself between a moving object and a fixed object. Wear high-visibility gear when working near heavy equipment/vehicles.

Caught-in/caught-between accidents

Never enter a trench more than 5 feet deep without an adequate protective system in place. Be mindful that even some trenches less than 5 feet in depth also require a protective system. Make sure excavations are

properly protected through shoring, sloping, benching or using a trench shield.

Electrocutions

Locate and identify utilities lines before beginning work. Always be aware of the location of overhead power lines and be especially alert of electrical hazards when working with ladders or scaffolds. Learn safe distance requirements from power lines and maintain them. Do not operate portable electric tools unless they are grounded. Use grounded-fault circuit interrupters for protection.

