

First Aid Depot

Safety News and Review

The quarterly Newsletter of First Aid Depot

Our 14th year!

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Special points of interest:

- Maintaining the First Aid Team
- Treating cold Weather Emergencies
- Preparing for Winter Driving
- Volunteering is good for your community
- What to do if pulled over by police?
- Snow shoveling advice

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First Aid Teams

If you determine that your organization can benefit by having several associates trained in emergency first aid procedures to provide prompt treatment you now must decide what kind of training is necessary. You'll want to ensure that there is at least one first aider to every 10 associates. This ratio allows for vacation schedules, sick time, etc. while still maintaining proper coverage. Usually, the first aid team is comprised of people interested in assisting in an emergency. These first aiders need to recognize that they will be expected to assist another associate in the event of a work place emergency and the consequences if they do not assist. Certain

work place environments will dictate what type of training is necessary. For example, where there may be bleeding, fractures, or sudden illness a *First Aid* course is needed. If



your environment includes the possibility for heart attacks, choking, or breathing prob-

lems a *CPR* course is needed. Any full-service training agency should have a complement of programs to fit most needs. In the advent of AED's (Automatic External Defibrillators) in public places and the work place, death from sudden cardiac arrest can sometimes be eliminated by co-workers. Typically your organization will dictate the type of training required and the training agency will develop an appropriate training program to comply.

Training is only part of the First Aid Team solution. Now that your associates have received the training they need the right tools. The right tools include all the equipment discussed in the First Aid and

Cold Weather Emergencies

Cold Weather Emergencies include two specific injuries, Cold Exposure and Frost Bite. Most of the people receiving this news letter are located in the Metropolitan New York area, therefore your access to health care is sooner rather than later and we have plenty of choices.

Cold Exposure victims have been in the environment too long. They can't regulate temperature properly and their core body temperature is lower than it should be which is most dangerous for their heart. Our body does a good job maintaining body temperature through regulating how much blood is moved

to and from our largest organ, the skin, and shivering which helps generate heat. However, if the victim gets wet and or over perspires it becomes difficult for the body to regulate temperature. The victim will present sluggish, unsteady on their feet, confused, unable to get warm and will be cold.

Healthy tips for Living

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



Recognizing a Stroke. Use the acronym F.A.S.T. F=Face, have the victim smile, one side may be non-responsive. A=Arms, ask the victim to raise his arms, the effected side will not move as high as the un-effective side. S=Speech, have the victim say something, speech may be difficult for the true

stroke victim. And T=time, there is a small window, approximately 2 hours, for certain medications that reduce the effects of a stroke.

Save your back this Winter. If this winter brings snow, you'll need to shovel. Save your back and consider an Ergonomic Bent Handle Snow Shovel it allows for easier and more comfortable snow clearing. Part of the strain placed on the back,

muscles and spine, during shoveling is bending down and than moving a heavy load. With this shovel the process of bending down is eliminated.



Cold Weather Emergencies continued



The treatment includes removing the victim from the environment, remove all of the wet clothing, slowly re-warm the victim with blankets and warm drinks excluding alcohol and/or stimulants. Consider 911 for hospital transport to monitor the victims heart.

The other injury is Frost Bite. Frost Bite effects the digits exposed to extreme cold weather. As an example, because of my many years of volunteer service

on an ambulance my fingers, toes and ears have been effected by frost bite, which means for the rest of my life cold weather will be harder for me to tolerate than others. Your victim will also be found in a cold environment and or recently exposed to a cold environment. The digits involved will look "frozen", cold, waxy or gray. The victim will experience pain in the effected digits because the tissue may have actually frozen.

When treating the victim, if you chose to transport, individually bandage each digit. If you move the digits and to attempt to re-warm them by touching them you may do tissue damage. If you are unable to transport the victim with frost bitten parts they need to be re-warmed immediately this is accomplished by bathing the digits in water of 105 degrees. Consider 911 if the victim does not improve.

Free Masks for Referrals



First Aid Depot needs more valuable clients such as yours.

The caliber of our instruction is predicated on practice and we continually try to improve so the more clients the better.

We're asking our current

client base to refer other organizations, agencies, businesses, etc. to us for their training needs.

For each referral that results in any course, First Aid, CPR, AED, Defensive Driving we'd like to thank you by stocking your first aid kit with (2) Packet Face Masks. Each

mask includes a pocket face mask with one-way valve, 1 pair of non-latex gloves and a carry case.

They can reach us by calling the First Aid Depot office at 613-476-4280 or the cell 516-924-6572 or visit our web site at www.firstaiddepot.com.

First Aid Teams continued

and CPR programs. These could include face-masks with one-way valves to eliminate direct mouth-to-mouth contact, triangular bandages for bandaging and splinting, and portable first aid kit's to be carried to the emergency stocked with the unique supplies for your work place emergencies.

Once your First Aid Teams are trained, in place, and equipped with the proper tools, they need to be managed. This can be accom-

plished in several ways. A self governing Safety Committee can oversee the First Aid Team's activities as well as scheduling coverage, checking supplies, and future training needs. The human resources department may take an active role in the First Aid Team; after all, it involves associates caring for other associates. Human resources may be better able to deal with wellness issues. Depending on the size of your facility, the facilities manager

may be best suited to manage the First Aid Teams.

First Aid Teams in general are a great way to boost moral and at the same time ensures that the organization is providing appropriate emergency first aid. Being prepared for work place emergencies helps keep the company OSHA compliant. The investment in training and tools (less than \$800.00 dollars annually) is a fraction of the payoff if an emergency occurs.



Prepare for Winter Driving

Here are some routine precautions to help you avoid starting problems:

- Get an engine tune-up in the fall. Switch to winter-weight oil if you aren't already using all-season oil. Be sure all lights are in good working order.
- Battery and voltage regulator should be checked. Make sure battery connections are good.
- If the battery terminal posts seem to be building up a layer of corrosion, clean them with a paste of baking soda and water.
- Be sure all fluids are at proper levels. Antifreeze should be strong enough to prevent freezing.
- Make sure wiper blades are cleaning properly. Consider changing to winter wiper blades, which are made for driving in snow. They are covered with a rubber boot to keep moisture away from working parts of the blade.
- Don't idle a cold vehicle's engine for along time to warm it up - it could harm the engine. The right way to warm up a vehicle is to drive it.



Police Stop Protocol

There is a right way and wrong way to handle traffic stops. We've all read news stories about stops that went bad.

- Turn on four way flashers
- Turn off the engine
- Turn on the interior lights (if night time)
- Leave your hands on the steering wheel in plain sight
- Let the officer know where your insurance and license are located when asked
- Ask permission to retrieve them
- Listen and answers question politely
- What will the officers first question be?

Do you know why I stopped you?

- What should your answer be?

If you admit to speeding or some other driving infraction, they are sure to ticket you.

- Be Polite!



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Volunteering

Volunteering is good for your community and it's good for the soul.

I've volunteered my entire adult life, either for an ambulance corps, fire department or American Red Cross as well as some non-EMS related associations.

If you're not involved you're not in-tune with your community. When things happen in your community you're the last to know and if you didn't like what was going on there's not too much you can do about it. Take the big increase in size to the local school, whether it's neces-

sary or not, all you get to do is vote yes or no when the budget comes up for vote. But if you were a member of the local PTA or other school group you might know why the project is being proposed and perhaps you could have had some input on the decision.

What about volunteering for your local EMS Corps or Fire Department? Even though many agencies have found it necessary to hire paid professionals, which is a good thing, volunteers are still needed. Generally hiring is for EMS staffing only, rarely

for fire services. Even those agencies that hire for EMS don't have coverage 24 hours per day, therefore they need to fill in with volunteers.

What about the American Red Cross? Suffolk County has over 400 volunteers that provide everything from CPR training to Baby Sitting training. There's disaster councilors' for local emergencies as well as nationwide disasters, soup kitchen volunteers to others who sit on the local Board of Directors.

Get involved and make a difference!

