

First Aid Depot

Safety News and Review

The quarterly Newsletter of First Aid Depot

Our 11th year!

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Special points of interest:

- Planning for driving this winter
- The dangers of Poisons in the home
- Workmen's comp costs hit a new record high
- Proper techniques to back out of a parking space
- What to do about stress
- A review of the CPR changes coming your way and how to prepare your facility

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Poisons in the Home

Many believe that a poisonous substance must be deadly, but that's not always the case.

Every poisoning exposure is unique. Substances have various degree of toxicity, depending on the amount, the length of time of the exposure and type of exposure-on the skin or ingestion. The age, weight and health condition of the victim also must be considered. Reaction to poison exposure can range from mild to moderate to severe. A Minor exposure may not produce any symptoms while a server could be fatal.

Poisons are in 4 different forms:

1. **Solid Poisons;** medicines, plants, etc.
2. **Liquid Poisons,** lotion,

soaps, lighter fluid, syrups, etc.

3. **Sprays,** paints, cleaners, insecticides, flammables, etc.



4. **Invisible Poisons,** gases or vapors

Prevention is the key. According to the National Poison Preven-

tion Week Council, established in 1961 (www.poisonprevention.org) . Many poisonings occur because adults are distracted for just a few moments. Unfortunately, it also only takes a few moments for a small child to swallow something that could be poisonous. When this occurs call the Poison Control Center.

It's not just children, council statistics show adults age 25 through 44 also are an at-risk group. Many adults are poisoned unintentionally when they do not follow label directions on medications or household cleaners. You can keep yourself and your family members safer by being aware of potential hazards and observing these suggestion:

Winter Driving Tips

Driving in winter means snow, sleet and ice, which in turn can lead to slower traffic, hazardous road conditions, hot tempters (road rage and aggressive driving) and unforeseen dangers. The following suggestions from the National Safety Council will help you arrive at your destina-

tion safely.

Prepare your car:

- Have the breaks, wiring, hoses, belts and spark plug inspected
- Check the air, fuel, emission filters and PCV valve

- Inspect the distributor
- Check the battery
- Check the tires for air, sidewall wear and tread depth
- Check antifreeze levels and the freeze line



Healthy tips for Living

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

New York State achieves record-low injury rates

Second to the District of Columbia was New York in which private sector occupational injuries hit an all-time low in 2004 (the most recent years statistics are available), according to the state's Department of Labor. Injuries that year fell to

166,000, down from 171,500 in 2003.

This reduction occurred despite the fact that the state's workforce grew by almost 59,000 workers. The state's total recordable incidence rate fell to 3.0, the lowest since the state began tracking injuries in 1992. The rate of cases involved days away from work was 1.7-also a record low.

Protect yourself from cuts

during food processing

Cuts can be a serious problem for workers in the food-processing industries. They generally occur while using knives, cleavers or slicing machinery in meat and fish production.

In the Washington state food processing industry, cuts are second only to sprains in the number of workers' compensations claims reported.

"Is it worth the risk, maybe you should decide not to drive in poor weather"

Winter Driving Tips continued

Carry the necessary equipment

An emergency situation on the road can arise at any time, so be prepared. Keep your vehicle's gas tank close to the full mark during winter and make sure you have fresh anti-freeze handy. Stock the trunk with these necessities:

- A properly inflated spare tire, a wheel wrench and a tripod-type jack
- A shovel

- Jumper cables
- Tow and tire chains
- A bag of salt or cat litter

Making the right decisions

- Ask yourself if you need to drive in bad winter conditions, can your trip be put off, can someone else drive
- If you need to drive, leave plenty of time, this way you are

not pressured to make an appointment

- Do your pre-trip inspections, ensure that you have wiper fluid and good wiper blades
- Clean headlights often
- Consider alternate routes, remote routes should be avoided for those well traveled
- Leave more stopping distance between you and other cars



Workmen's Comp

Although we're reporting a national statistic, it's all part of the big picture. Your first aiders have the training to recognize and emergency, additionally they can treat victims for various illnesses and injuries. Hopefully by training your staff, meeting regularly as a group and providing the proper care for your particular facility we

can help stabilize workers comp expenses.

Employer costs for workers' compensation in 2004 grew faster than combined cash benefit payments for injured workers and medical payments for their treatment, according to a new report from the National Academy of Social Insurance. Total workers' comp benefits

rose by 2.3% to \$56.0 billion, while employer costs rose by 7% to \$87.4 billion. Employer costs reflect raising premiums insurance charge to cover future benefits costs.

The cost to employers-primarily the premiums they pay for workers' comp insurance-rose by 3 cents to \$1.76 in the same year.

Poisons in the Home continued

Bathroom

- Child Proof cabinet locks
- Don't take medication in front of a child, it may look like "candy"
- Always follow dosages
- Some cleaners are more deadly than others, read the labels, buy smart

Bedroom

- Be careful where you store colognes, perfumes, etc.

- Mothballs and crystals should be hung up

Kitchen

- Never store cleaning compounds and foods in the same area
- Keep all substances in their original containers
- Keep hazardous cleaning compounds capped
- Be careful with the products you purchase, read the labels, there are alter-

native to dangerous cleaning agents

Additional Precautions

- Keep the number of the Poison Control Center handy and/or the family doctor posted near the phone.
- Install a CO2 detector and check batteries often
- Don't let child see how you open the safety latches or combination locks



Stressed?

Life and work are fast paced, we've got a lot to do and too little time to do it in. The National Mental Health Association recommends the following tips to keep your stress at a minimum:

- **Set Realistic Goals.** Do only what is possible.
- **Set and reset your priorities .** Do the most important stuff first.
- **Take one task at a time.** Divide large projects into smaller tasks.
- **"Take five".** Rest when you need to; consider meditating for 10-20 minutes/day
- **Give yourself a break.** No one is perfect.
- **Learn to say no.** You can't be everything to everyone.
- **Be Flexible.** Make allowances for other people's opinions.
- **Go easy on criticism.**
- **Manage your anger.** Retreat before you lose control.
- **Be honest with colleges.**
- **Treat your body right.** Eat right and exercise daily.

"What stresses you out?"

Watch your Back

This sounds like an article about your "back", but it's really about "backing" out of parking spaces.

- When practical, park vehicles so will not have to back out, for example when there are 2 rows connected, pull ahead so you drive out of the spot
- Make sure the path the vehicle will take while backing is clear of obstacles. Anticipate what other vehicles or pedestrians will do
- Keep windows clean of dirt snow, ice, etc. , never back out if you can't see
- Check the path repeatedly, once behind the wheel check blind spots
- In large vehicles, use the side mirrors to check and visually clear the rear
- Honk the horn once or twice to warn other drivers and pedestrians that you are going to back up



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New CPR Guidelines

We're sure by now that your organization is aware that CPR guidelines have changed. Specifically that all victims, Adult, Infant and Children receive 30 Chest Compressions and 2 Breaths for 5 cycles over a 2 minute period. Also that we don't check for the pulse of a non-breathing Adult victim, we move directly into chest compressions, we assume arrest.

First Aid Depot reported this last year. The Emergency Cardiac Care group made the formal changes in 2005, those agencies who develop the actual training programs such as the American Red Cross, American Heart Association, the National Safety Council, etc. put

the final touches on their materials this spring.

What does your organization need to know:

1. Don't put off retraining, now more than ever you want to ensure that your group is in step with everyone else. Those groups trained last Spring are ok until retraining unless you desire to schedule your class sooner, however, the current certifications are valid until their posted expiration date.
2. Consider purchasing a DVD player. Although we'll be traveling with a DVD player it seems the most re-tooled

training videos are in DVD format, not VHS.

3. Read, read, and reread the new materials so your group has less confusion with the changes. Consider simply discuss the changes orally at lunch time and/or during breaks.
4. Consider replacing the posters on your walls. Over the years we provided many posters on choking, CPR, first aid, etc. they are now incorrect. It not a big deal, but leaving the posters up reinforces the old skills and contradicts the new standards. Don't confuse the staff if you don't need to.

