

First Aid Depot

Safety News and Review

The quarterly Newsletter of First Aid Depot

Our 12th year!

First Aid Depot
276 N. Country Road, Suite 101
Miller Place, NY 11764-2 302

631-476-4280 Phone
631-476-6450 Fax
516-924-6572 Cell

www.firstaiddepot.com

Special points of interest:

- First Aid Depot emails are on the way
- Have you upgraded your AED
- Employees make the difference for a successful first aid team
- The dangers of driver distractions
- How to avoid eye strains
- How the aging workforce effects your business

Inside this issue:

| | |
|--------------------------|-----|
| The Aging Workforce | 1,3 |
| Driving While Distracted | 1,2 |
| Health Tips for Living | 2 |
| We're going email | 2 |
| Save Your Back | 3 |
| AED Upgrades | 3 |
| Employee Involvement | 4 |

The Aging Workforce

There's been a large increase in the number of aging workers, which will lead to an increase in higher workers compensation costs, this according to a white paper sponsored by the National Safety Council.

Over the next decade the 55-64 age group will grow at four times the rate of the total labor force, and the 65 and older group will grow seven times as fast, according to the same white paper. Although older workers experience a lower percentage of injuries and illnesses than younger workers, their injuries and illnesses require more time away from work. These injuries and illnesses are also more serious for the older worker.

The older workers also face issues not associated with their younger counterparts, such as vision impairment, hearing loss, reduced cognitive abilities, loss of movement control and mental stress. Despite these im-



pairments, the paper said employers must remember that the majority "of older workers function very well in the work-

place", and those that do experience problems often develop means of coping. To help offset the physical and cognitive changes older workers experience, the document made several recommendations:

- *Screen for vision.* Early detection can correct existing problems from getting worse.
- *Provide adequate levels of light.* Adjustable but consistent lighting throughout the workplace will help improve vision for older workers.
- *Screen for hearing.* Older workers may struggle to hear important information.

Driving While Distracted

As printed in the USA Today 01/24/07

Ask drivers about their habits behind the wheel and 80% will tell you they are "multitaskers", capable of adjusting the radio, eating snacks or chatting on cell-phones while driving. Al-

though 59% of them do not consider themselves distracted drivers. People truly don't understand the dangers of DWD (Driving While Distracted) and there's also pending legislation in some states to have these offenses punishable. The best estimates are that driver dis-

tractions' contribute to 25% to 50% of auto accidents. Although a majority of those surveyed said they adjusted the radio, made a cell call while driving some reported more complicated acts; 19% sent a text message, 12% put on make-up, 5% read a

Healthy tips for Living

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



Avoid Eye Strain

Using a computer for work or play can lead to eye discomfort or vision problems including burning, redness, blurry vision, uneven vision, etc. Consider seeing your optometrist once a year for a checkup, Adjust room lighting so it's not too bright or too dim. If possible use in-

candescent bulbs rather than fluorescent. Take a 10 minute break for every hour at the computer. Use rewetting eye drops if your eyes are dry.

Manual Handling Methods

A large number of injuries are to the hands and fingers, workers need to be taught how to pick up and put down heavy, bulky or long objects. Some general precautions from the National Safety

Council include:

Inspect materials for splinters, jagged edges, burrs or rough or slippery surfaces. Keep fingers away from pinch points, especially when putting materials down. When handling lumber, pipe or other long objects, keep away from the ends to prevent them from pinching. Wipe off greasy, wet, slippery or dirty objects before trying to handle them.

Driving While Distracted continued

“Driving is complicated enough, avoid DWD”

book, magazine or newspaper.

A driver who looks away from the road for two or more seconds is almost twice as likely as an attentive driver to be involved in a crash or near-crash.

Top 10 things we do behind the wheel

1. Change-adjust radio station or CD player 82%
2. Drink beverage 80%
3. Talk on cell phone 73%

4. Eat snacks 68%
5. Eat meals 41%
6. Daydream 31%
7. Drive without shoes 28%
8. Experience road rage 23%
9. Listen to book on tape 21%
10. Smoke 21%

As more technology is made available in cars, the prevalence of distraction will probably increase.

The best way to guard against these DWD is to pay attention to the road. The US Today Article blamed technology for some of the problem, but technology can also help, voice activated radios/CD, wireless headsets, controls built into the wind shield so the driver looks forward not down, etc. but as for the other issues, the driver is in control,

Our Defensive Driving Courses offer tips to stay safe, review of breaking and stopping distances and important components to crashes.

We're going email



First Aid Depot is trying to make everyone's work life easier, including ours, therefore, starting January we'd like to email as much correspondence as possible.

The January newsletter will reach you by snail mail, but if our plan goes right this newsletter and all other communication will be by email.

During the first quarter of 2007 we'll be contacting each agent of record from client list to obtain an email address. If email poses a problem, let us know.

Your next schedule letter will be sent email as well as PDF copies of the newsletters, etc.

Our plan is to simplify what we mail so that it's not part of your

daily "junk mail" pile. We even plan to email invoices.

The only hard copy letter you should receive from us will be included with your certification cards which unfortunately need to be mailed as those cards come to us from the American Red Cross, American Heart Association and the National Safety Council.

The Aging Workforce continued

Reduce exposure to loud noise. Educate employees on the effects of noise and on hearing protection.

Minimize tasks that require quick decisions. Older workers process information slower than younger workers. Reduce distractions and simultaneous demands to help improve their performance.

Allow time to perform tasks. Older workers have a slower reaction time and often loose strength with age. Practice and

training can help improve reaction time.

Learn to identify stress and depression. Many older adults suffer from depression. Consider training programs for managers to help aging employees who have symptoms.

The aging process is highly individualized, it encompasses genetics, life style, stress, diet, exercise, etc. According to the document, "it is important for employers to avoid generalized the adverse effects of aging to

all older workers". Instead, it recommends employers perform functional capacity evaluations to determine each employee's fitness level. These evaluations, which are detailed in the document, should be performed before a new worker is assigned a job.

It's never a bad idea for the employer to keep medical history and contact information on file in the event of a work place injury to share with the responding EMS agency.



Save Your Back

The back is most often injured and usually because of poor lifting techniques, here are the most common causes:

- Lifting objects too heavy or awkward to hold
- Lifting, bending or twisting over and over again
- Working for long periods of time in a bent position

- Wearing equipment that is too heavy
- Tripping and falling
- Performing hard, physical work without warming up

Use these tips to reduce injury:

- Use mechanical lifting devices like forklifts, etc.
- Use a manual lifting device

like a dolly, hand truck, hoist, crane, etc.

- Store materials off the ground, eliminating bending
- Keep paths clear of tripping hazards
- Have materials delivered close to where they will be used

"It's all in the lifting?"

AED Upgrades

Review, review, review, there's never enough refreshing, so here's more.

As most of our clients should be aware, CPR guidelines have changed and so have the AED guidelines.

In between every defibrillation the victim will now receive 2 minutes of CPR after which time

the AED will re-analyze and prompt an additional shock if necessary.

Previously AED units were calibrated to prompt 3 defibrillations, if necessary, followed by 1 minutes of CPR.

The new Emergency Cardiac Care update of 2005, imple-

mented in 2006, changed the protocol. First Aid Depot clients will receive the most current instruction as well as an AED upgrade if we provided the unit.

For those clients who purchased AED (s) please contact your supplier for upgrade information, if you purchased a Defibtech (shown), we can upgrade the unit for \$99.00/unit.



First Aid Depot

276 N. Country Road, Suite 101

Miller Place, NY 11764-2302

Phone Number 631-476-4280

Fax Number 631-476-6450

Cell Number 516-924-6572

Web Site www.firstaiddepot.com

Employee Involvement

No matter how committed the company might be to its first aid team, success won't be realized if the employees are not involved. Here are some tips from the National Safety Council:

- Include all relevant areas and shifts within the workplace, i.e., personnel, operations, manufacturing, security, shipping, maintenance, etc.
- There should be equal representation of management and hourly workers. It's always good to have a high level manager involved to debrief his/her peers on the teams activities
- Rotate team members on a regular basis to ensure a fresh perspective and a high level of involvement, it will also help reduce burn-out of those on the team too long. Staggering "terms" on the team will ensure continuity
- Train safety team members for their roles. Other team members should provide formal orientation and training
- Clearly define and document the team's authority, including budgetary guidelines and procedures. All team members should understand the manner in which decision, recommendation and activities are made.
- Meet on a regular basis and structure meetings using an agenda. Table top emergencies and establish a plan for likely illnesses and accidents. Record meeting minutes, including the date/time, members present, issues discussed, recommendations and responsibilities for action items.
- Publicize the safety team, make sure everyone knows how to access members. Update the contact list often.

