



We're about service, commitment, results, and accountability!

Our Weekly Safety Tip provides valuable and current safety information relevant for Work, Home & Play.

And, you will be kept current on the latest Safety Compliance issues.



SCI SAFETY NEWS OR TIP



SCI OSHA NEWS OR COMPLIANCE



SCI HEALTHYLIVING and WELLNESS NEWS

We want to hear from you! Send us your feedback and give us ideas for future safety topics.

Let us know how you feel about our new look!

Safety Slogan

Make safety a part of your work

**James Lehrke-SCI
OT the week**

SCI Safety Tip: AEDs Save Lives!

Sources: <http://www.blr.com>

Date: May 5, 2012

May 20 to 26 is National EMS Week, which is a great time to honor the valiant work of our emergency medical services personnel. It's also a good time for training on the use of automated external defibrillators (AEDs)—for those times when even the few minutes it may take for EMS to arrive could mean the difference between life and death.

Let your workers know that while there are no specific OSHA regulations concerning the use of AEDs in the workplace, OSHA's medical and first-aid standard (29 CFR 1910.151) does require that in the absence of an infirmary, clinic, or hospital in proximity to the workplace that is used for the treatment of all injured employees, a person or persons must be adequately trained to render first aid. Adequate first-aid supplies must also be readily available.

In addition, OSHA recommends that all workplaces be equipped with AEDs and that AEDs be located around the facility so that they can be reached within 3 to 5 minutes when needed. OSHA recommends locating AEDs in:

- Areas where many people work closely together, such as assembly lines and offices
- Areas close to confined spaces
- Areas where electric-powered devices are used
- Outdoor worksites where lightning may occur
- On-site nurse's/doctor's office, where workers may seek treatment for heart attack symptoms
- Workplace fitness units and cafeterias
- Remote sites, such as construction projects

Show your workers where in your facility AEDs are located. If you have a facility map, point out the locations. If your department or work area is small, take the group to where the AED is located.

Explain what AEDs are and how they work. AEDs are computerized devices that can check a person's heart rhythm.

- They are compact, lightweight, portable, battery operated, safe, and easy to use.
- They can recognize a rhythm that requires a shock and advise the rescuer when a shock is needed.
- They can also recognize when a person does not require a shock and will not give one.

- AEDs use voice prompts, lights, and text messages to instruct the rescuer about what steps should be taken.
- Fully automated defibrillators deliver a shock without prompting the user to press a shock button. Assure your workers that AEDs are easy to use, and anyone can be taught to use one. Although even an untrained person can operate an AED, it is recommended that users complete a short training program—such programs are available in most communities. Formal training will make users familiar with the features of the AED and give them confidence to operate the device successfully in an emergency situation. AED training includes:
 - Recognition of sudden cardiac arrest symptoms
 - How to notify emergency response personnel
 - How to perform cardiopulmonary resuscitation (CPR)
 - How to operate an AED effectively
 - How to care for victims until emergency medical personnel arrive

If possible, you may want to bring in a qualified AED trainer to conduct training in this session. Or you can refer workers to local agencies that provide training.

If this is just an overview session, give these general AED guidelines to your workers:

- Before a shock is given, move the victim to a dry area, and remove any wet clothing.
- The victim's skin must be dry or the electrode pads won't adhere properly to the skin.
- At no time should anyone touch the victim while the shock is being administered.
- After the AED delivers a shock, it will usually prompt the operator to continue CPR while the device continues to analyze the victim. CPR helps to circulate oxygen-rich blood to the brain.

Encourage workers with the stories under "Why It Matters" about how AEDs save lives.

Why It Matters

- A 41-year-old worker at a manufacturer of heating and air-conditioning systems suffered a sudden cardiac arrest at work. After three shocks with an AED and CPR administered by co-workers, he was revived within 4 minutes. By the time EMS personnel arrived, he had been resuscitated and survived the incident.
- A 62-year-old employee of a coatings, glass, and chemical manufacturer suffered a sudden cardiac arrest after walking up the stairs to her office. Employees in the next office heard her fall and notified the plant emergency response team. She was defibrillated and saved in less than 2 minutes.
- An employee at an automobile manufacturer was working on the production line when he suddenly collapsed, lost consciousness, and stopped breathing. Plant security responded, and after two shocks with an AED, the employee's heart responded, and his pulse returned. He survived, thanks to the fast actions of his co-workers and the company's emergency response plan, which included AED installation and training.

SCI OSHA News: OSHA Initiative Focuses on Nursing Home Workers

Source: <http://www.blr.com>

Date: May 11, 2012

OSHA has launched a national emphasis program (NEP) for nursing and residential care facilities. These workplaces will be targeted in an effort to reduce occupational illnesses and injuries.

Healthcare workers face many serious hazards, including exposure to blood and other potentially infectious material, exposure to communicable diseases like tuberculosis, ergonomic stressors, workplace violence, and slips, trips, and falls.

In 2010 nursing and care facilities had one of the highest rates of lost workdays of all major industries. The rate was 2.3 times higher than for private industry overall.

“These are people who have dedicated their lives to caring for our loved ones when they’re not well. It is not acceptable that they continue to get hurt at such high rates,” emphasized OSHA Administrator Dr. David Michaels.

HEALTHY BITES

Quick Tips for Healthy Living



Exercise and It's Effects on Disease (Part 3)

- Want to have a heart as strong as a 25-year-old's when you're 80? You can, with a lifelong exercise routine. Get moving now!
 - We all know what happens to our muscles when we don't use them: They lose mass and start to wither. Not pretty. Well, the heart is no different. Research shows that when people are sedentary, their heart muscle mass shrinks with every passing decade. You can avoid that frightening prospect by getting and staying active. Turns out, a lifetime of working out will not only preserve your heart's muscle mass but build upon it. According to research presented at the annual scientific meeting of the American College of Cardiology in New Orleans, fit elderly people who exercised six or seven times a week consistently during their adult life had greater cardiac muscle mass than sedentary adults between the ages of 25 and 34. Just think: Your Jazzercising grandmother may have a stronger heart than her couch potato grandson. Start pumping up your heart with a daily 30-minute walk. In addition to preserving the muscle in your heart, regular exercise can reduce your risk of developing coronary heart disease, the number one killer of men and women in the United States.
- Haven't been to the gym lately? Get moving, stat! The health risks of not exercising can show up in as little as two weeks of inactivity.
 - Maybe you were having an especially tough time at work, or you caught the cold going around your child's daycare. Whatever the specifics, you haven't laced up your sneakers in weeks. We know it's easy to fall off the exercise wagon — and it can be hard to climb back on. But here's why you should make every effort to skedaddle: Research in the Journal of the American Medical Association shows that a sedentary lifestyle can cause several chronic diseases — and being inactive for as little as two weeks can boost one's risk. When physically active volunteers were asked to stop exercising for 14 days, they showed increased belly fat and elevated cholesterol — a sign of pre-diabetes and heart disease. That's why fitness, like a healthy diet, needs to be a lifelong pursuit. Instead of looking at it as a means to a lighter, slimmer physique, think of it as beneficial in and of itself. Every time you exercise, you're doing your body good. Now get up and do some jumping jacks already!
- It's never too late to start exercising. Walking for two hours or more a week may boost brain function in seniors.



What do you think?
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jconnections@aol.com
 See our bold new look @
<http://www.safetyconnections.com/>

*In Loving
 Memory of Jessica Lefirke*

- Walk your way to a sharper brain. Just because your noggin isn't a muscle doesn't mean it has no use for exercise. We love crossword puzzles as much as the next linguaphile, but stimulating your mind requires active pursuits as well. Couch potato senior citizens who took up a walking routine boosted brain activity in the areas that are most likely to show decline with aging. The study, published in Frontiers in Aging Neuroscience, found that older adults who walked at a moderate pace for 40 minutes three times a week improved their scores on cognitive tasks involving memory, planning, scheduling and multitasking. In contrast, participants who engaged in non-aerobic activities like stretching did not see the same benefits. Check with your doctor before beginning any exercise program. Walk for as long as you comfortably can, building your way up to 40-minute sessions.