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"Your Connection for Workplace Safety"

Weekly Safety Tip

Phone: 920-208-7520

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

Safety First, Avoid the Worst.

James Lehrke-SCI

of the week

SCI Safety Tip: The ABCs of AEDs

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

Date: July 8, 2011

Experts say that when a person goes into cardiac arrest, normal heart function may be restored up to 60 percent of the time if the victim is treated promptly with an automated external defibrillator (AED).

AEDs are computerized electronic devices that can check a person's heart rhythm, recognize a rhythm that requires a shock, and advise emergency responders when a shock is needed. AEDs use voice prompts, lights, and text messages to instruct rescuers.

Why are AEDs becoming popular in the workplace? OSHA says that approximately 890 deaths from coronary heart disease occur outside of the hospital or emergency room every day. Most of these deaths are due to the sudden cardiac arrest (SCA). And no small number of SCA-related fatalities occur in the workplace. That's why more and more workplaces are purchasing AEDs to have another vital first-aid tool to protect their employees on-site. Although costs vary, many models are available for between \$1,500 and \$2,000.

How do AEDs save lives? SCA occurs when ventricular fibrillation (VF) takes place or when the heart stops beating altogether. Causes include:

- Heart attack
- Electrocution
- Asphyxiation

Most often cardiac arrest is due to VF, which is defined as the uncoordinated beating of the heart. Normal rhythm can be restored if treated early with electric shock. The sooner defibrillation is started, the more likely the victim will survive. Chances of survival from sudden cardiac death diminish by 7–10 percent for each minute without immediate CPR or defibrillation. Optimum time for defibrillation is 3 to 5 minutes after the onset of cardiac arrest. Since it can take longer than that for an ambulance to arrive, having an AED on-site can be a lifesaver. Of course, even with an AED on hand, an immediate call should be put in to 911 any time an employee goes into cardiac arrest on the job. Follow-up treatment at a medical facility will be required.

What about training? Employees designated to operate AEDs must be thorough trained in proper operation of the defibrillator. They should also be certified in CPR. After an AED delivers a shock, it often prompts the operator to continue CPR while the device continues to analyze and monitor the victim.

Why It Matters

Heart disease is the leading cause of death in the United States and is a major cause of disability.

The most common heart disease in the United States is coronary heart disease, which often appears as a heart attack. In 2010, an estimated 785,000 Americans had a new coronary attack, and about 470,000 had a recurrent attack. About every 25 seconds, an American will have a coronary event, and about one every minute will die from one.

OSHA says up to 60 percent of fatalities could be avoided if automated external defibrillators (AEDs) are immediately available and properly used.

OSHA News: No Surprises in Spring Regulatory Agenda

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

Date: July 7, 2011

The Department of Labor and other federal agencies published their semiannual regulatory agendas in the July 7 *Federal Register*. The agenda for OSHA remains basically the same as the previous agenda published last December with a few dates bumped up.

Among highlights of OSHA's current agenda are:

- Occupational Exposure to Beryllium. Complete economic peer review, June 2011
- Occupational Exposure to Food Flavorings Containing Diacetyl and Diacetyl Substitutes. End peer review of health effects and risk assessment, July 2011
- Bloodborne Pathogens Section 610 Review. Analyze comments, June 2011
- Occupational Exposure to Crystalline Silica. Notice of proposed rulemaking, June 2011, Hearings October 2011
- Confined Spaces in Construction. Final action, November 2011
- Electric Power Transmission and Distribution; Electrical Protective Equipment. Final rule, September 2011
- Hazard Communication. Final action, September 2011
- Injury and Illness Prevention Program. Initiate SBREFA, June 2011

The *Federal Register* no longer contains the complete agenda. Those entries with the most significant economic impact and those selected for periodic review are included in the publication.

All other listings can be accessed online in the Unified Agenda at <http://reginfo.gov>.



Quick Tips for Healthy Living

HEALTHY BITES

PREVEA
Health & Wellness

Depression

Bathroom Blurb

Depression is a serious medical illness that involves the brain. It's more than just a feeling of being "down in the dumps" or "blue" for a few days. If you are one of the more than 20 million people in the United States who have depression, the feelings do not go away. They persist and interfere with your everyday life. Symptoms can include

- Sadness
- Loss of interest or pleasure in activities you used to enjoy
- Change in weight
- Difficulty sleeping or oversleeping
- Energy loss
- Feelings of worthlessness
- Thoughts of death or suicide

Depression can run in families, and usually starts between the ages of 15 and 30. It is much more common in women. Women can also get post-partum depression after the birth of a baby. Some people get seasonal affective disorder in the winter. Depression is one part of bipolar disorder.

There are effective treatments for depression, including antidepressants and talk therapy. Most people do best by using both.

NIH: National Institute of Mental Health

See our new look!



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jlconnections@aol.com
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<http://www.safetyconnections.com/>

In Loving
Memory of Jessica Lehrke

PREVEA
health