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Editor:

Kate O'Connor
(607) 624-5337
koconnor@intecweb.com

MANUFACTURER'S REPORT

Learning CPR

from the American Heart Association

CPR is as easy as

C-A-B



Compressions

Push hard and fast on the center of the victim's chest



Airway

Tilt the victim's head back and lift the chin to open the airway



Breathing

Give mouth-to-mouth rescue breaths



Learn and Live

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The American Heart Association is the nation's oldest and largest voluntary organization dedicated to saving people from heart disease and stroke, America's No. 1 and No. 3 killers. The association is the trusted leader in Emergency Cardiovascular Care and trains people around the world how to save lives with CPR and First Aid.

Sudden cardiac arrest, the abrupt loss of heart function, can happen to anyone, young or old, at any time, including the workplace. When an adult collapses, the odds are very high that it's from sudden cardiac arrest. Odds are also high that the only thing bystanders will do is call 9-1-1. Medical attention is critical, but bystanders must act first — and fast — because every minute counts.

"Sudden cardiac arrest claims hundreds of thousands of lives every year in the United States, and the American Heart Association's guidelines have been used to train millions of people in lifesaving techniques," said Michael Sayre, M.D., immediate past chair of the association's Emergency Cardiovascular Care committee. "Despite our success, the research behind the guidelines is telling us that more people need to do CPR to treat victims of sudden cardiac arrest, and that the quality of CPR matters, whether it's given by a professional or non-professional rescuer."

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What's new in CPR: It's as easy as C-A-B

The American Heart Association established the first resuscitation guidelines in 1966. Last year, in a bold step, the association rearranged the "ABCs" of CPR. Chest compressions are the first recommended step to revive victims of sudden cardiac arrest. **Here's an easy way to remember it: The A-B-Cs (Airway-Breathing-Compressions) of CPR have changed to C-A-B (Compressions-Airway-Breathing).**

The change reflects the new science from the *2010 American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care*. And it's in line with the association's dedication to providing lifesaving tools to the public and health-care professionals.

"For more than 40 years, CPR training has emphasized the ABCs of CPR, which instructed people to open a victim's air-

way by tilting their head back, pinching the nose and breathing into the victim's mouth, and only then giving chest compressions," said Sayre, who was also one of the co-authors of the *2010 AHA Guidelines for CPR and ECC*. "This approach was causing significant delays in starting chest compressions, which are essential for keeping oxygen-rich blood circulating through the body. Changing the sequence from A-B-C to C-A-B for adults, children, and infants allows all rescuers to begin chest compressions right away."

In previous guidelines, the association recommended looking, listening and feeling for normal breathing before starting CPR. Now, compressions should be started immediately on anyone who is unresponsive and not breathing normally.

In the first few minutes of a cardiac arrest, victims still have oxygen in their lungs and bloodstream, so starting CPR with chest compressions can pump that blood to the brain

and heart sooner. Research shows that rescuers who started CPR with opening the airway took 30 critical seconds longer to begin chest compressions than those who started with chest compressions. The change in the CPR sequence applies to adults, children and infants.

Get trained to save lives

It's easy to get the training you need to save someone who is experiencing cardiac arrest. It could save the life of a co-worker, or even a loved one.

The American Heart Association's Heartsaver® First Aid CPR AED Courses teach students how to respond to and manage a sudden cardiac arrest, first aid or choking emergency until paramedics arrive. It's for anyone with limited or no medical training who needs a course completion card in first aid, CPR and AED use to meet job, regulatory or other requirements. For more information, visit www.heart.org/cpr.

Bathroom Breaks or Violations?

OSHA Sanitation standard and interpretation letter of 29 CFR 1910.141©1(i) requires employers to provide their employees with toilet facilities. The sanitation standard's purpose is to protect employees from hazards created when toilets are not available. The interpretation of "provide" is to "make available". There are standard specifics – 1 toilet seat per 20 workers additionally, 1 urinal per 50 employees and more based on the number of employees on site.

As a safety professional, you know that each and every day your employees put themselves at risk simply by "holding it."

Corporate liability and image, work-site health and safety risks, job site down time, and the risk of having your employee caught on film are additional issues that need to be addressed when determining personal sanitation needs of your employees.

The Brief Relief line of products including liquid and solid waste bags as well as commode, toilet seat, and privacy tent will assist employers with meeting the OSHA standard for supplying sanitary facilities that are available.

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Cardiac arrest can happen anytime, anywhere.

That's why Philips HeartStart Automated External Defibrillators (AEDs) feature simple, intuitive, and rapid defibrillation therapy. And because they are highly compact and portable, every workplace has room for a HeartStart AED. From the boardroom to the factory floor and every stop along the way, Philips has you covered. To learn how to put the power to save a life in your hands, please visit us at: www.philips.com/workplace.



The HeartStart FRx requires medical direction and a prescription.

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By now, you've probably heard that a sedentary lifestyle is unhealthy. You also have likely gotten the message from your doctor, news media, and the Centers for Disease Control and Prevention that exercise can keep you healthy. Perhaps you even know the CDC's recommendation that you should exercise at a moderate-intensity level for at least 30 minutes, five days a week, or at a vigorous-intensity level for at least 20 minutes, three days a week. Well guess what — a lifestyle that is sedentary for extended periods of time is related to disease and early death, even if you get the recommended amounts of exercise!

A recent study by the American Cancer Society found that women and men who sit for more than six hours a day were 37 and 18 percent more likely to die during the study than individuals who sat for less than three hours a day. The real shocker was that, over the 14 year study, this relationship between sitting and an increased death rate persisted even after physical activity level was accounted for. Similar results have also been published recently relating a sedentary job to increased risk of colon cancer, cardiovascular disease, type 2 diabetes, and depression.

This research indicates that sitting for long periods of time may just be bad for you, regardless of how much activity you get the rest of the time. Think of it as similar to smoking — it's common knowledge that tobacco use is just plain bad for your health, regardless of how healthy you are in other aspects of your life. You can't offset the unhealthy effects of smoking by exercising or eating a perfect diet. Now it seems that prolonged sitting has a similar effect on your health, one that cannot be mitigated through other healthy behaviors.

So what can we do about this latest health danger?

Just like society has done with smoking, we need to take steps to remedy this lifestyle-associated health danger, now that we know it exists. But most of us can't eliminate all of the aspects of our lives that typically require us to sit, like our jobs. What we can do is adapt our behaviors and environments to facilitate a reduction in time spent sitting. Several means of doing so include:

- **Installing standing, adjustable, or treadmill desks**
- **Replacing desk chairs with exercise balls**

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- **Encouraging employees to stand for at least 4-5 minutes an hour, for example:**

- Set recurring hourly reminders that tell them to get up and move
- Tell them to walk in place each time they are on the phone
- Suggest they walk over to speak with co-workers instead of e-mailing or calling
- If they need to give things to a coworker, deliver them one at a time, instead of waiting until each is ready to be delivered.
- Teach them some back, arm, shoulder, and leg stretches, or yoga – not only will this get people out of their seats, they will also feel wonderful and it will be good for their bodies!

- **Creating wellness challenges that encourage employees to get up and move, like:**

- A stair challenge, that challenges each employee to walk 10 flights of stairs a day
- A lunchtime walk challenge, that asks them each to go for a 30 minute walk at lunch
- A stretching challenge, that requires they spend 5 minutes stretching every other hour, on the hour. That way, people will be able to tell who is doing it and who is not.

- **Implementing a walking program, like PHS' Walk to Wellness!**

Aside from reducing time spent sitting, walking can help prevent heart disease, stroke, diabetes, orthopedic injury, and even Alzheimer's disease. And while you might worry that employees are wasting their work time exercising, higher activity levels actually increase productivity, so you will get more done instead of less!

So now that we've learned extended periods of sitting are dangerous, as well as some strategies to reduce the associated risk, what are you waiting for? Get up from that chair right now and do some jumping jacks, stretch your back, run the stairs, or simply go for a walk! We can help - get started with PHS' Walk to Wellness today!

