



## First Aid & CPR – they’re worth every penny!

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(By Jody Warner, CSP, CFPS Cambridge Risk Control)

If there’s an injury or medical emergency occurs in your workplace, will someone be able to help quickly? The more employees that know first aid, the more likely the response to an incident will be fast enough to save a life, reduce the severity of an injury and help with a quick recovery.

## All Employees Need First Aid Skills

OSHA requires that employers have employees trained in first aid. OSHA requirement 29 CFR 1910.151(b) states, "In the absence of an infirmary, clinic, or hospital in near proximity to the workplace which is used for the treatment of all injured employees, a person or persons shall be adequately trained to render first aid. ...first aid supplies shall be readily available." However, it simply makes good business sense to exceed the legislative requirements by giving all employees basic first aid training. The obvious advantage is that it ensures people can respond properly if an incident occurs. If only one person in the office or the shift can apply CPR or first aid, what happens in an emergency when that worker is off duty for the day? Perhaps the trained employee is the one that’s injured.

Another benefit is that employees become more safety conscious. Research has shown that workplaces where all employees know first aid have a lower incidence of injuries. This may be caused by the fact that they become more aware of injury- causing situations. Furthermore, critical life saving skills become beneficial off the job. From the employer's perspective, it shouldn't matter where the emergency occurs. When a family member suffers a fall or heart attack at home, a worker's attendance and performance can be affected.



### Cardiopulmonary Resuscitation (CPR)

Every employee can benefit from CPR training. It puts them in a position to help in life threatening situations such as choking or heart attack, which require swift, effective responses. Clearly, an employer benefits when a large part of its workforce is trained in first aid and CPR. With training, more employees gain the skills to manage an emergency effectively, without panic or confusion.

Local fire departments, ambulance services, the Red Cross and the American Heart Association offer first aid/or and CPR training. Check it out today – it’s worth every penny!

#### 2005 Dates:

##### January:

Plan Your Safety Training Now!  
Call Cambridge For Ideas!  
312-381-8208

##### February:

Child Passenger Safety Week

##### March:

Poison Prevention Week  
Workplace Eye Safety Month  
Save Your Vision Month

##### April:

Sports Eye Safety Month  
Intl Building Safety Week  
Work Zone Aware. Week  
Playground Safety Week

##### May:

Clean Air Month  
Melanoma Awareness Month  
Electrical Safety Month  
National EMS Week  
Poison Prevention Week

##### June:

National Safety Month

##### July:

EYE INJURY PREV. MONTH

##### August:

Prepare Your Winter Safety Training!

##### September:

Farm Safety/Health Week

##### October:

Nat. Fire Prevention Week  
Drive Safely Work Week  
Radon Action Week

##### November:

Take advantage of the weather and do your classroom training!

##### December:

"3D Month" - National Drunk & Drugged Driving Prevention Month

### OSHA List It's Most Frequently Violated Standards For 2004



Enforcement apparently still has teeth at OSHA. The agency issued citations for over 100,000 violations in Fiscal Year 2004 - an increase over last year. More than 80,000 were considered serious. Initial penalties amounted to almost \$120 million before penalty adjustments of more than \$37 million. Failure to have a written hazard communication program continues to be the most frequently violated standard in general industry, while failure to address scaffolding safety issues tops the list for construction. The "Top 10" that includes both general industry and construction –

1. Scaffolding, general requirements, construction (29 CFR 1926.451)
2. Hazard communication standard, general industry (29 CFR 1910.1200)
3. Fall protection, construction (29 CFR 1926.501)
4. Control of hazardous energy (lockout/tagout), general industry (29 CFR 1910.147)
5. Respiratory protection, general industry (29 CFR 1910.134)
6. Machines, general requirements, general industry (29 CFR 1910.212)
7. Electrical, wiring methods, components and equipment, general industry (29 CFR 1910.305)
8. Powered industrial trucks, general industry (29 CFR 1910.178)
9. Electrical systems design, general requirements, general industry (29 CFR 1910.303)
10. Mechanical power-transmission apparatus, general industry (29 CFR 1910.219)

Visit [www.OSHA.gov](http://www.OSHA.gov) for more information and statistics of this nature.





## **Vehicle Collisions with Deer Are At An All Time High**

(adapted from an MSNBC.com article by AP) Cars, trucks, motorcycles, delivery vans, police cars, plows and others crash into deer more than 4,000 times a day, and it's taking an increasingly deadly toll — on people. In 2003 a record 210 motorists were killed in collisions with animals, mostly deer. That was 40 more than the previous year and more than twice the number in 1993, according to a study by the Insurance Institute for Highway Safety. Accidents are most likely to happen...during evening or nighttime, often on rural roads with speed limits of 55 mph or higher.

"The deer population is growing and there are more vehicles on the road every year," Allan Williams, the institute's chief scientist, said Wednesday. "There's just a lot more chance for interaction with animals on the roads." Deer are involved in about 75 percent of fatal animal-crash accidents. In all, there were 1.5 million deer crashes last year, injuring 13,713 people and causing \$1.1 billion in vehicle damage, the institute said.

The study found most animal crashes involved one vehicle and deaths usually were caused when the vehicle left the road or a motorcyclist fell off the bike. In relatively few cases, people were killed when the animal crashed through the windshield.

### **Other Animals?**

Other animals that cause crashes include horses, moose, dogs, bears, cats and opossums, though none is responsible for a significant number. Cattle also cause a small percentage of crashes, particularly in Western states. Such animal-involved fatal crashes have been rising since the mid-1990s, according to federal data analyzed by the institute. Between 1993 and 1997, an average of 119 fatal crashes occurred each year. Between 1998 and 2002, the figure rose to 155.

The institute said special signs during migratory periods, thinning herds and signs that activate when deer are near roadways have shown promise in reducing crashes. Drivers also should be alert and slow down in the evenings, Williams said. But even with precautions some crashes are unavoidable. "Sometimes animals just appear in the roadway and there's not much chance to react," Williams said.

### **Motorcyclists beware!**

Motorcyclists are particularly vulnerable, especially when the rider fails to wear a helmet. In the institute's analysis of fatal crashes in nine states, 65 percent of the 60 motorcyclists and all-terrain vehicle riders killed weren't wearing helmets. "If an animal hits a motorcycle, the motorcyclist can go off the bike pretty easily," Williams said. Of the nine states studied, only Georgia, Missouri and North Carolina require helmets for all riders. Minnesota, Ohio, Pennsylvania, South Carolina and Wisconsin require helmets for teenagers, but not adults, and Colorado doesn't require helmets.

## **Traffic Jams Linked To Heart Attacks**

In a recent German study that gives new meaning to the concept of a "killer commute," researchers have concluded that people caught in traffic are three times more likely to suffer a heart attack within the hour than those who aren't tied up on the road. A study of hundreds of heart attacks in southern Germany published in The New England Journal of Medicine found nearly one in 12 attacks was linked to traffic.

Traffic jams were more likely to take a toll on women and on people 60 and older. Whether the excess heart attacks were due to stress or exposure to vehicle pollution isn't known. "Given our current knowledge, it is impossible to determine the relative contribution of risk factors such as stress and traffic-related air pollution," said the research team, led by Annette Peters of the National Research Center for Environment and Health in Neuherberg.

Nevertheless, because air pollution is known to increase the probability of a heart attack, they said, people already at risk for heart problems "are likely to profit from recent efforts to improve the air quality in urban areas with the use of cleaner vehicles and improved city planning." Their study was based on interviews with 691 volunteers who survived a heart attack from 1999 to 2001. The patients were asked to outline their activities during the four days before their attacks.

Traffic posed a risk regardless of the mode of transportation. Heart attacks were 2.6 times more common for people stuck in cars, 3.1 times higher for people stalled in traffic while taking public transportation, and 3.9 times greater for those jammed up while on a bicycle. "Because the association was also observed for persons who used public transportation, it is unlikely that the effect is entirely attributable to the stress linked with driving a car," the Peters team said.

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# **Safety Resource Center**

### *It's Good To Know:*

#### **Slips – Stumbles - Trips & Falls**

Tis' the season to slip, stumble, trip and fall on your back side, or so it would seem. Please be careful and follow some basic safety tips:

**Put someone in charge of winter weather cleanup.**

**Remove snow & ice immediately.**

**Clear the entire area, not just a single file walking path.**

**Cover ice with sand or cinders if it can't be removed.**

**Check the hazardous areas every hour – more frequently during snowy weather.**

### *2005 Missouri Safety Conference:*

**2005 Mid-America Safety, Health & Environmental Conference, May 9<sup>th</sup> – 13<sup>th</sup>, Osage Beach, MO.**

A wide variety of safety, health and environmental topics will be presented at the Tan-Tar-A Resort.

Contact Dale Findlay at the Missouri Safety Council by calling 573-636-8167 or by email at [mosafety@socket.net](mailto:mosafety@socket.net).

Cambridge Risk Control Consultant **Jody Warner** will be teaching 2 classes at the MO Safety Conference!

### *Construction Safety:*

**15<sup>th</sup> Annual Construction Safety Conference, February 15-17 in Rosemont, IL**

Join construction professionals for over 70 different construction safety sessions. Sessions cover a broad range of topics including physical and health hazards, safety and health programs, disaster site response, environmental issues, insurance and risk management topics and much more.

Cambridge Risk Control Consultant **Jody Warner** will be teaching at the seminar!

Visit [www.buildsafe.org](http://www.buildsafe.org) for registration and information.