



Debate Over Correct Method For CPR (Adapted From MSNBC.com)

Each year, 600,000 people die in the United States when their heart suddenly stops beating and professional help does not arrive in time. That's why for 40 years the Red Cross and the American Heart Association have been teaching citizens to perform cardiopulmonary resuscitation (CPR) with a combination of 15 chest compressions then two breaths in the mouth. But Dr. Gorden Ewy is out to prove that CPR — as it is done now — is a gigantic failure.

"What's at stake?" asks Ewy, director of the Sarver Heart Center at the University of Arizona. "Thousands of people's lives. Doing it right, advancing medicine. I mean, what's medicine all about?" Ewy says the big problem with CPR as it is currently practiced is those breaths to the mouth, which interrupt chest compressions. During that interruption, he says, the critical flow of blood to the brain also gets interrupted. And more important, surveys show most people won't blow into a stranger's mouth.

“...CPR – as it is done now – is a gigantic failure.” **

What's the right way to perform CPR? Ewy says it is simple, continuous chest compression — 100 times a minute — with no breaths. Ewy has convinced the city of Tucson, Ariz., to start teaching classes with his new method. He not only persuaded the public in Tucson, he also convinced the fire department and the paramedics that his was the right way to do CPR. "The paramedics in the field are reporting that it's an easier way to resuscitate code arrests and they are seeing a lot better response from the patients," says Joe Gulotta, deputy chief of the Tucson Fire Department. So far, the Red Cross and American Heart Association are staying with the old method. "You know, there's a huge investment of 40 years of doing it that way," says Ewy. But he believes the world will eventually see things his way, and save a lot of lives.

*** Cambridge Risk Control urges you to continue using existing, established methods for CPR until such time that widely recognized clinical trials can verify claims made in this article.*

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

Can Those Younger Than 18 Work Safely? (Adapted from the US DOL)

The Department Of Labor recently issued final rules restricting the types of duties that may be performed by young workers. Examples of restricted work include cooking involving open flames, driving, and handling explosives. There are several age specific types of prohibited work. The listed link provides detailed information on this rule and access to the actual regulation. The link will be posted on CambridgeRiskControl.com as well. www.youthrules.dol.gov/jobs.htm

When You Are 13 Or Younger . . . You can deliver newspapers. You can work as a baby-sitter. You can work as an actor or performer in motion pictures, television, theater or radio. You can work in a business solely owned or operated by your parents. You can work on a farm owned or operated by your parents. However, parents are prohibited from employing their children in manufacturing, mining, or any other occupation declared hazardous by the Secretary of Labor. (continued on the following page)



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When You Turn 14 . . . You also can work in an: office, grocery store, retail store, restaurant, movie theater, baseball park, amusement park, or gasoline service station. You generally may not work in: communications or public utilities jobs, construction or repair jobs, driving a motor vehicle or helping a driver, manufacturing and mining occupations, power-driven machinery or hoisting apparatus other than typical office machines, processing occupations, public messenger jobs, transporting of persons or property, workrooms where products are manufactured, mined or processed, or warehousing and storage. In addition, you may not work any other job or occupation declared hazardous (listed below) by the Secretary of Labor.

“When you turn 18 you can work any job for any number of hours.”

When You Turn 16 . . . You can work in any job or occupation that has not been declared hazardous by the Secretary of Labor. Hazardous Occupations - You generally may not work in any of the following hazardous occupations: manufacturing and storing of explosives, driving a motor vehicle and being an outside helper on a motor vehicle; coal mining, logging and sawmilling, power-driven woodworking machines, exposure to radioactive substances, power-driven hoisting apparatus, power-driven metal-forming, punching, and shearing machines, mining, other than coal mining, meat packing or processing (including the use of power-driven meat slicing machines), power-driven bakery machines, power-driven paper-product machines, manufacturing brick, tile, and related products, power-driven circular saws, band saws, and guillotine shears, wrecking, demolition, and ship-breaking operations, roofing operations and all work on or about a roof, or excavation operations. There are some exemptions for apprentice/student-learner programs in some of these hazardous occupations.

When You Turn 18 . . . You can work any job for any number of hours. The child labor rules no longer apply. It should be noted, however, that different rules apply to farms, and individual States may have more strict rules. Check with your states Department of Labor.

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Safety Resource Center

It's Good To Know:

Walking Down Steps?

We were recently asked to teach a class called "How to Safely Walk Up & Down Stairs". Surprised? What are the proper procedures? Here's the information that was presented:

- One Step at a time
- Walking Pace
- One hand on the railing.
- Looking down at the steps.
- Pay attention.
- Avoid carrying items, if it's possible.
- Never run.
- Avoid wet or icy steps.
- Inspect stairs regularly.

It's Good To Know:

Fire Protection Training

NFPA World Safety
Conference & Exposition
Las Vegas, NV
June 6-10, 2005
Mandalay Bay Resort &
Convention Center



www.nfpa.org

Home Safety Tip:

Home Safety Inspections

Home safety inspections are becoming more and more popular these days. I have frequently been asked,

"Can I do it myself?"

Yes you can!

Enter the phrase "home safety inspection tips" into the search engine at Google.com - or any search engine for that matter.

You'll likely see numerous suggestions for home safety inspections that you can do yourself!