

## AED = Life

**Sudden cardiac arrest can happen anywhere** — on the field, in a store or even at work. If someone goes into cardiac arrest (they're unconscious, unresponsive and don't have a pulse), call 911 and prepare to use an Automated External Defibrillator (AED) and perform CPR. **American Heart Month** is a good time to review the National Heart, Lung, and Blood Institute guidelines for using an AED. AEDs have step-by-step instructions and voice prompts to help an untrained person to correctly use them, but reviewing these steps will help you to be prepared.

❶ **Check that there is no standing water near the unresponsive person.** If there is water, carefully move the person to a dry area to avoid electrical shock.

❷ **Turn on the AED's power** and listen for instructions.

❸ **Expose the person's chest.** Make sure the chest is dry and free of piercings or jewelry.

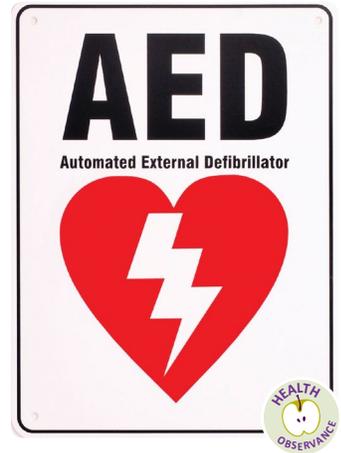
❹ **You will be prompted** to place a set of adhesive electrode pads on the victim's chest. Place 1 pad on the person's upper right chest and the other pad on the lower left side. **Note:** On some AED models, the pads and cables are connected to the AED. If yours aren't, connect them **after** you place the pads on the chest.

❺ **The AED will automatically analyze the person's heart rhythm** to determine if a shock is required. Do not touch the person while the defibrillator is analyzing the heart rhythm to ensure accuracy.

❻ **If the AED determines a shock is necessary,** it will automatically charge itself and tell you when to press the shock button.

❼ **Once the shock is delivered,**

or if no shock is deemed necessary, you will be prompted to check to see if the person has had a return of normal breathing or circulation. If not, you will need to start CPR.



## Working with Flammable Liquids

**Fires, leaks and explosions** — these are the serious hazards of working with flammable liquids. Follow these safety guidelines:

**Select** an alternative material to work with, if possible. If not, read the Safety Data Sheet (SDS) for the liquid before using it.

**Wear** appropriate protective gear — splash goggles or glasses, gloves, etc.



**Never** smoke or ignite anything around flammable liquids.

**Work** in a well-ventilated area, away from any ignition source. Ignition sources can be any equipment or tool that generates sparks as well as open flames, static electricity, embers and hot surfaces.

**Store** flammable liquids away from heat and ignition sources and in their original, labeled containers with tight-fitting lids. Check rules for storage inside buildings; they may vary depending on the class of liquid, the building type, occupancy type, protection systems (fire sprinklers), types of containers and other factors.

**Follow** all procedures established by your employer as well as state and federal regulations related to use, storage and transport.

**Note:** Flammable and combustible liquids are divided into classes according to their flashpoints. Flammable liquids have a flashpoint below 100°F and are Class IA, Class IB or Class IC. Combustible liquids have a flashpoint at or above 100°F and are Class II or Class III.

## SHIFTWORK ZONE

### Shiftwork on the Road

**Motor vehicle-related incidents** are the leading cause of work-related fatalities in the U.S., according to the Centers for Disease Control and Prevention. If you work behind the wheel, follow these safety tips:

**Take your breaks** at the specified times, and use them to rest and eat so you are safer once you get back on the road.

**Be aware of sleep inertia.** According to the Federal Motor Carrier Safety Administration, many accidents occur during a vehicle operator's first hour on the road, perhaps due to lingering sleepiness. If you stopped to nap, take a brisk walk before you hit the road again to ensure you're fully awake.



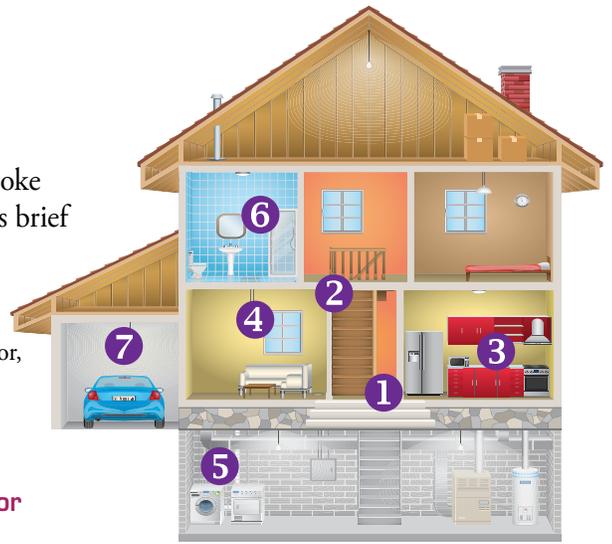
**Keep your windshield clean inside and out,** as well as wipe down mirrors, side windows and headlights regularly to improve visibility.

**The hours of dusk and dawn** can be particularly dangerous on the road. Use extra caution during these hours, and put your headlights on even if it's still fairly light out.

**Remember, you are the most important factor in safe driving.**

# Safety Room by Room

Your home is your haven, but not if there are safety issues. Install smoke and carbon monoxide detectors on every level of your home, and use this brief overview of room-by-room hazards with ways to make each room safe.



## 1 Entryway

**Hazard:** Easy entry for thieves.

**Solutions:** Make sure you have a secure steel or solid wood exterior door. Always lock your doors and make sure you can see who is at the door before unlocking it. **Tip:** Install a secondary deadbolt — one that can only be used when you are home.

## 2 Staircase

**Hazard:** Items accumulated on steps could result in a fall.

**Solutions:** Don't allow your stairway to be a storage center, and make sure children know not to leave toys or other items on steps. **Tip:** Put a basket near the bottom of your staircase to hold things until you can carry them upstairs.

## 3 Kitchen

**Hazards:** Burns, foodborne illness.

**Solutions:** Turn pot handles inward on the stove; do not leave cooking food unattended.

Follow safe preparation of food including thawing it in the refrigerator, not on the counter; washing your hands; and replacing dishrags and sponges.

## 4 Living Room, Great Room or Family Room

**Hazards:** Window blind strangulations, falls.

**Solutions:** Move blind cords out of children's reach; keep floors clear of clutter and toys.

## 5 Laundry Room

**Hazards:** Accidental poisoning, mold and mildew.

**Solutions:** Keep laundry detergents out of children's reach; vent the clothes dryer outside of the home.

## 6 Bathrooms

**Hazards:** Falls, accidental poisoning and electrocution.

**Solutions:** Clean up any accumulated water from the floor. Install grab bars and rubber

mats inside the bathtub and beside the toilet. Lock up all medicines and keep out of the reach of children. Always install electrical outlets with a ground-fault circuit interrupter in bathrooms to prevent electrocution.

## 7 Basement and Garage

**Hazards:** Radon, carbon monoxide and accidental poisoning; rodents and insects.

**Solutions:** Test area for radon gas; store pesticides and chemicals out of children's reach; run vehicles or generators outside of the home; control pests by eliminating sources of food and water and sealing holes in foundation walls to keep them out.

## SAFETY CORNER

### Child Scald Prevention

Scalds are caused by contact with wet heat such as hot liquids, steam or hot foods. Young children are more at risk for scalds because they don't have control over their surroundings and have thinner skin than adults. Keep children safe by following these simple rules:



**Never leave food unattended on a stove** when cooking, and turn pot handles inward.

**Never carry a child and hot liquids** at the same time.

**Place hot food and liquids far back** on counters, and never on table edges or low coffee or end tables where younger children can reach them.

**Run the cold water first** when filling the tub, and test water temperature before placing children in heated water. Don't leave children unsupervised, and don't let them play with water faucets while bathing. **Best bet:** Set the control on water heaters to a temperature no higher than 120°F.

## 5 WAYS to Help Prevent Cancer

It's **Cancer Prevention Month**.

Lower your risk for cancer by following these 5 tips:

1. **Stop smoking** or never start smoking.
2. **Stay out of the sun** from 10 a.m. to 4 p.m. and wear a hat and a broad-spectrum (UVA/UVB) sunscreen with an SPF of 30 when you are outdoors.
3. **Eat leafy greens and vegetables**, limit intake of processed foods and sugars, and drink plenty of water.
4. **Get regular cancer screenings** and pay attention to symptoms — unusual bleeding, mole changes, a nagging cough and unexplained pain or weight loss.
5. **Maintain a healthy weight** and get moderate-intensity exercise regularly (such as brisk walking) — at least 30 minutes a day, 5 days a week.



Reach your personal best with [www.personalbest.com/extras/16V2tools](http://www.personalbest.com/extras/16V2tools).

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