

First Aid Depot

Safety News and Review

The quarterly Newsletter for First Aid Depot Clients

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Our 11th Year!

Special points of interest:

- Fatalities at RR crossing?
- The rising costs of workman's compensation
- The importance of First Aid Teams
- Keeping calm when car equipment fails
- What a Day Care should know about AED's when you rent space in a public school?
- Handling non-English speaking signage

Do you need a First Aid Team

Do you need a First Aid Team? If you're receiving this newsletter you've already answered that question. You already have a First Aid Team, it might be loosely formed or it may be a more formal group that meets monthly to discuss issues, concerns as well as victims recently aided.



If you don't have a first aid team what might you want to consider?

- How many employees, clients, suppliers, visitors visit your facility on a daily basis? The larger the number, the larger the risk of illness and injuries.
- What is the nature of your business? If you manufacture, machines can cause injury, do you warehouse, this increases the risk of back injuries and fork lift risks, do you supervise large amounts of children or adults?
- What are your past experience? How many people are treated per/year, what is the nature of the illness or injury, how many times has the ambulance been called or how many visits to a doctor/clinic were made?
- What kind of facilities do you operate? Is it a multiple building complex, if so, where are the first aiders located? Are there enough First Aid Kits, AED's, etc.?

Your organization needs to the support of the owner (s) and/or management. A first aid team requires both a level of financial investment and commitment in human resources.

It would be the responsibility of the team to respond to workplace emergencies, restock first aid kits, and to meet on a regular basis to review safety policy and procedures. The team needs to have support to

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Worker's Comp Costs

Employers' costs for worker's compensation grew faster than the combined cash benefits for injured workers and medical payments for their treatment, according to a new study issued July 12 by the Na-

tional Academy of Social Insurance. The fact that employer costs rose faster than payments for benefits and medical care reflects broader development in the insurance industry.

Total worker's comp payments for injured workers rose 3.2 percent to 54.9 billion, while employer costs rose 9.6 percent to 80.8 billion. The cost to employers—which include the payments they pay for worker's



There are many things we can do to make our lives better and safer!

Healthy Tips for Living

Weather-related deaths

In 2003 there were several deadly categories of weather related deaths in the United States. A great number of these deaths were avoidable if warnings were heeded in time and proper shelter was sought in these adverse weather conditions. Here's the breakdown, Flooding 81, Extreme temperature 56, Tornado 55, Lighting 43, and Thunderstorm/High winds 41.

Using a Stepladder safely

Some tips from Canada's Center for Occupational Health and Safety group:

- Use a stepladder that is no more than 3 feet shorter than the highest point to have to reach, this provides a wider stable base
- Open the step ladders spreaders and shelf fully
- Check stability, ensure all ladders feet are on a firm, level and non-slippery surface
- Place the step ladder at right angles to the work with either the front or back of the steps facing the work
- Keep the step ladder close to the work
- Avoid pushing or pulling stepladders from the side, repeated movement of this type can weaken the ladder
- Maintain a firm grip, use both hands when climbing

Worker's Comp Costs continued

“Proper training can reduce worker's comp costs”

comp insurance—rose 12 cents per \$100 of workers wages, to \$1.71 in 2003 (the most current available data).

Total payments to the cash benefit and medical care combined peaked in 1992 at \$1.69 per \$100 of wages, which is 52 cents higher than in 2003.

Costs in employer peaked in 1993 at \$2.16 per \$100 of wages, which is 45 cents higher than in 2003.

Since 2000, the growth in payments on worker's behalf is due largely to increased spending for medical care, according to the report. Of the 12 cents increase per \$100 of wages between

2000 and 2003, 9 cents were increased payments to replace lost wages.

The report, as well as state-specific information is available from the Academy's Website at www.nasi.org.

AED's in schools where Day Care Centers rent space cont.



During the 1950's and 1960's Long Island was experiencing such explosive growth it built dozens of elementary schools. As a result many school districts now rent these buildings to Day Care Centers as they no longer have the student population to keep them open.

They are perfect for Day Care Centers; boys and girls rest

rooms, gyms, multiple class rooms, playgrounds, etc.

Past NYS legislation required that an AED be placed in every school of every school district. In the rented schools usually the janitorial staff is trained to use the AED. Many of our clients rent space in these facilities. Our advice to them is two fold, one, invest in AED training.

Be sure you are prepared to administer AED treatment, the district has saved you \$2,000 by having an AED in the building, and number two, make sure the school district has purchased child AED pads (1-8 year old) in the cabinet. Initially only adults (above 8) were treated, now children have been added to the protocol.

Do you need a First Aid Team continued

perform their additional first aid responsibilities as well as the job for which they were hired.

The expense might scare some organizations but its quite affordable. Training for 10 associates with a fully stocked first aid kit is under \$800 dollars., assuming a Standard First Aid with AED American Red Cross course. What should you consider when selecting an appropriate training course? At a minimum Adult CPR, this will include choking skills for the conscious and unconscious

victim, rescue breathing for the non-breathing victim, CPR for the victim with no pulse and assessing the conscious and unconscious victim. Typically this is a 1-year certification. Automated External Defibrillation (AED) is becoming a more important component of work place First Aid, it's worth considering even if you don't have an AED, your associates may have the opportunity when not in their normal work setting. If your organization was considering an AED in the future you

should budget approximately \$2,000 for the AED, 5-year battery, storage cabinet and AED pads. The First Aid component offers a 3-year certification and includes, bleeding control, shock, bandages, splinting, environmental emergencies, and sudden illness such as diabetic emergencies, strokes, seizures, poisoning, bites/stings and emergencies unique to the facility.

Be prepared for work place emergencies and plan accordingly.



Signage for non-English Speaking Workers

The workforce in the NY Metro area is certainly diverse. Our low unemployment and higher paying jobs have created a niche for low cost labor willing to do the jobs leftover by others, many times these workers come from non-English speaking countries. They live among us and we now work side-by-side. This article addresses proper signage and OSHA regulations for this worker.

There is no "clear cut" OSHA standard that specifically states a facility should have signage in various languages, however, OSHA does state that the wording of any sign should be easy to read and concise. The sign must contain information that is easily understood. The stat-



ute also states, "the use of symbols is strongly encouraged in order to better communicate the sign's hazard information across language barriers".

Recent fatal work injury statistics demonstrate the need for better communication among multi-ethnic workforces, for example from 1992-2002 workplace fatalities among Hispanics rose every year.

"Prepare for non-English speaking clients"

Rail Road Crossing Deaths

Defensive Driving classes review the dangers of trains verses cars.

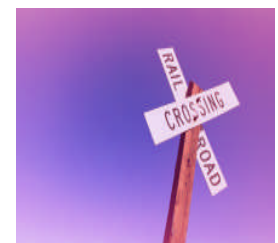
Specifically that your 30 times more likely to die in an altercation with a train verses a vehicle. Where it might take hundreds of feet to stop your car after a collision, it will take 1-1/8 miles to stop a 8 car passenger train after a collision

with a car.

Here are the numbers of deaths by category for the past few years. Even though we've improved we need to remain attentive at rail road crossings.

Vehicle	Other	Pedestrian
1999		
345	12	45

2000		
361	13	51
2001		
345	9	67
2002		
310	12	35
2003		
263	12	49



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When equipment fails

You don't think about it when your driving back and forth to work or school or on errands but things can go wrong. The purpose of this article is to point out the most popular things that can go wrong and how to handle these issues.

When a piece of equipment in your car suddenly fails, your life could be in danger. The important thing to do is to remain calm.

The State of Illinois Department of Motor Vehicles provides some sensible solution to the most common systems.

Blowouts

A thumping sound might be heard and/or the car may re-

spond sluggishly. If you sense trouble ease your foot off the gas, don't break suddenly, firmly grasp the wheel and ease your car off the road safely and check the tires.

Steering Failure

Ease your foot off the gas pedal, turn on emergency flashers and allow your vehicle to come to a slow stop.

Brake Failure

If your brake pedal suddenly sinks to the floor, pump it to build pressure. If that does not work, use your emergency break or parking break. You should also shift your car into a lower gear.

Headlight Failure

Try your emergency flashers, parking lights and/or turn signal if your headlights suddenly fail during nighttime driving. Pull off the road. If you notice your lights beginning to dim, drive to a service station or pull off the road safely and seek help.

Stuck Gas Pedal

If your gas pedal is stuck to the floor, hook your toe under the pedal to try and free it. If that doesn't work, shift your vehicle into neutral and break gently to slow down. If you have power steering or a locking steering wheel, do not turn off the ignition because you might lose the ability to steer.

