

February is American Heart Month. AED Advice



If you witness someone in cardiac arrest, you need to act quickly. Using an automated external defibrillator (AED) can save that person's life. An AED is a computerized device that can check a person's heart rhythm and determine whether to use a shock to restart the heart.

If someone is unresponsive and has no pulse, follow these steps outlined by the American Red Cross:

- 1 Call 911 or have someone call for you.
- 2 Turn on the AED and follow the voice prompts.
- 3 Remove clothing from chest area.
- 4 Place one pad on the upper right side of the bare chest.
- 5 Place the other pad on the lower left side of the bare chest, a few inches below the left armpit.
- 6 Plug the pad connector cable into the AED, if necessary.
- 7 Make sure no one is touching the person.
- 8 Say, "CLEAR!" in a loud, commanding voice.
- 9 If the AED determines a shock is needed, deliver the shock by pushing the shock button.
- 10 After the AED delivers the shock, or if no shock is advised, you will be prompted to check if the person is breathing normally. If not, you will need to start CPR.



Remote Ergonomic Tool Kit



Many of us work remotely or in a hybrid environment. While it's great to work in pajamas or sweats, you still need to keep your health and safety in mind. Proper ergonomics can make the difference. Here are some tips:

Set up a work area like you would at an office. Don't work at the kitchen table, coffee table or on your bed; get an appropriate desk to protect your back, neck, arms and hands from strain and injury.

Make sure your computer work area is ergonomically correct.

Consult the OSHA eTool checklist at [osha.gov/etools/computer-workstations/checklists/evaluation](https://www.osha-slc.gov/etools/computer-workstations/checklists/evaluation) for proper setup.

Set healthy limits for work time and take frequent breaks (if possible) to get yourself moving throughout the day. **Tip:** Set a timer to remind you to walk or stretch every hour.

Invest in furniture to help you stay comfortable while working, such as a lumbar seat, a back pillow, an alternative keyboard and an ergonomic mouse. If you use a laptop, get a separate computer monitor.

SAFETY CORNER



Preventing Household Battery Acid Burns



Burn Awareness Week is February 5 to 11.

Battery acid is a corrosive, and burns caused by it are a medical emergency. To prevent burns, follow these tips:

REPLACE old batteries regularly before they corrode.

DISPOSE of used batteries in accordance with local hazardous waste regulations.

USE protective gear (heavy-duty gloves meant for handling chemicals and eye protection) if you need to remove a corroded battery.

FOR battery disposal, check with your local or state solid waste agency. Learn more about disposing of different types of batteries at [epa.gov/recycle/used-household-batteries](https://www.epa.gov/recycle/used-household-batteries).

CLEAN battery leakage from the device (wear protective gear) by neutralizing the acid. Dab a few drops of a mild acid, such as white vinegar or lemon juice, on a cotton swab and clean the area.

HOUSEHOLD or alkaline battery burns can often be neutralized if they're treated immediately. If you get battery acid on your skin and it burns, remove clothing and jewelry from the area. Flush the affected skin for 30 minutes with soap and lukewarm water. Seek medical attention if symptoms continue. Go to the emergency room for all other types of battery burns.

Safety 101 Dictionary



Safety has its own language and sometimes it can be hard to understand, especially if you aren't a safety expert. Here are some common and uncommon safety terms defined:

Caustic — a chemical ingredient in items, such as household or industrial products, that strongly irritates, burns, corrodes or destroys living tissue.

Examples: oven cleaner and drain opener.

Event or exposure — the circumstance in which the injury or illness was produced or inflicted.

Example: overexertion while lifting or a fall from a ladder.

Flash point — the lowest temperature at which a liquid gives off enough vapor to form an ignitable mixture with air. **Example:** Gasoline is flammable if it's near an ignition source, such as lighting or smoking cigarettes, or sparks from equipment.

Incident — an unexpected event that occurs during work where no personal injury or illness occurs. An incident has the potential to harm you but doesn't.

Incidence rate — the number of injuries and/or illnesses per 100 full-time workers, calculated as:

$(N/EH) \times 200,000$ where N = number of injuries and/or illnesses;

EH = total hours worked by all employees during the calendar year, and

200,000 = base for 100 full-time equivalent workers (working 40 hours per week, 50 weeks per year).

Nephrotoxin — a chemical that can cause kidney damage.

Neurotoxin — a chemical that can harm the nervous system.



Sharp — a hypodermic needle, syringe (with or without the attached needle), Pasteur pipette, scalpel blade, blood vial, needle with attached tubing and culture dish used in animal or human patient care or treatment, or in medical, research or industrial laboratories.

Source and secondary source of injury — objects, substances, equipment and other factors that were responsible for a worker's injury or that caused the event or exposure. **Examples:** a heavy box and a toxic substance.

Temporary threshold shift (TTS) — noise-induced hearing loss, all or part of which is recovered during a time when you are removed from the noise.

Threshold level — time-weighted average pollutant concentration values that when exceeded are likely to adversely affect human health.

Toxicity — the degree to which a substance or mixture of substances can harm humans or animals.

Vector — an organism, often an insect or animal, which carries disease.



5 STEPS to Return to Work Safely

WELCOME
BACK

If you're going back to work after being away for an injury or long illness, keep in mind that you need to start back slowly and carefully to prevent re-injury or fatigue. How?

- 1 **Listen to your health care provider.** Many of us want to return to work as soon as we feel a little better, but it's important to discuss your limitations and your work schedule with your provider and supervisor.
- 2 **Work with your supervisor ahead of time** on a return to work plan. Ask for accommodations, if necessary. For example, consider adjusting your hours or your days. If you have a physically demanding position, ask if you can start back working light duty. Then, gradually adjust back to your previous position.
- 3 **Whenever possible, concentrate on difficult assignments first** before fatigue sets in later in the work day.
- 4 **Take needed breaks.** Listen to your body.
- 5 **Be patient.** Returning to work after an injury or illness can be slow.

TIPS FOR a Hazard-Free Laundry Room

People don't usually consider their laundry room dangerous, but there are plenty of hidden hazards. Take these safety steps:

Lock up detergent and keep it out of reach of children.

Detergent is harmful if ingested and can irritate the eyes and lungs. **Caution:** Colorful laundry pods may look like candy to small children. Because they are concentrated, they can cause more severe injuries than traditional liquid or powder detergent.

Keep washer and dryer doors closed. Use a child lock on front loaders. **Caution:** If you have glass doors, they can become very hot during cycles. Keep children away from the appliance while it is in use.

Never combine laundry detergents with other household cleaners. It can result in toxic fumes.

Clean the lint trap after every use. Clogged lint traps are a common cause of house fires.

Vent your dryer outside the home to prevent mold and mildew buildup.

Install laundry chutes at least 36 inches from the floor and install child locks to keep children from opening them.



The **Smart Moves Toolkit**, including this issue's printable download, **The Value of Prevention**, is at personalbest.com/extras/23V2tools.

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