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Studies Reveal Keys to Heart Attack Survival

According to a recent article in the Journal of the American Medical Association (JAMA), people who suffered from cardiac arrest outside the hospital had a 33 percent increased survival rate when first-response teams had a defibrillator at the scene within eight minutes.

This is equivalent to saving one life per 120,000 residents. After a defibrillation program was established, 19.7 percent of the 66 patients who were resuscitated and lived at least a year had "very good" cerebral performance scores and functional status.

CPR Improves Chances

Additional research published in the JAMA revealed that performing 90 seconds of cardiopulmonary resuscitation (CPR) on a person suffering from cardiac arrest before administering defibrillation improve the chances of survival.

The researchers also reported that providing 90 seconds of CPR prior to the use of an automated external defibrillator increased survival rates from 24 to 30 percent. Overall, the proportion of victims who survived and had favorable neurologic recovery increased from 17 to 23 percent.

The authors concluded that there is little doubt that the speed in which care is provided represents the major determinant of survival for patients suffering from out-of-hospital cardiac arrest.



HOW TO READ AN MSDS

The Definitive Source of Information

Container labels are the first place you'll probably look for information on a particular chemical or hazardous material. But they don't tell you everything you need to know. The definitive source of information on any hazardous substance is the material safety data sheet, or MSDS. These data sheets are supplied by the chemical's manufacturer and arrive with the initial shipment of the substance. There should be an MSDS on every single hazardous substance in use at the company.

If you have any questions about a substance that can't be answered by the label alone, always refer to the appropriate MSDS. The information on it could save your life or the life of a co-worker.

Key In on These Key Sections

There's no uniform design for these forms, and the information on an MSDS can be formatted in any number of ways. But the four most important pieces of information you'll always want to scan for are....

1. The hazards
2. Personal protective equipment
3. Handling precautions, and
4. First-aid treatment

These four categories of information should tell you what you need to know about the hazards you're facing, tell you exactly how to protect yourself, and prepare you to respond quickly in case of an emergency. This information can usually be found under the following headings:

✱ 1. Hazards identification. This section can help you detect the presence of the hazardous material. It describes the color, shape, odor, and vapors of the particular substance. It also lists the potential health effects to the eyes and skin, as well as the effects of inhalation and ingestion. Moreover, this section will tell you whether the material is flammable, combustible, or explosive. So, this section is the first step in knowing exactly what you're dealing with.

✱ 2. Exposure controls and personal protection. This section specifies ventilation and other necessary controls for working safely with this hazardous material. It also lists the PPE you should wear to protect yourself against exposure to the particular substance. Of course, it's critical that you comply with all the PPE requirements on the MSDS. You need to protect yourself from inhaling, absorbing, or ingesting any hazardous material.

✱ 3. Handling and Storage. This section stresses the special handling and storage precautions you should take, based on the unique properties of the material. This includes various safe work practices to help you minimize contact with the hazardous material and reduce the risk of fires, explosions, and spills.

✱ 4. First-aid Measures. This section tells you how to treat overexposure to a



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chemical, and names antidotes that can be administered to a victim. Though you may never need it, it's wise to review this information before you begin working with a hazardous chemical or material - just in case.

Other Common Headings

It's not uncommon to MSDSs to include up to 16 different categories of information. Here's a rundown of some of the other types of info you can expect to find on an MSDS:

- Chemical product names (including generic names) and manufacturer identification
- Composition and ingredients
- Fire-Fighting measures
- Accidental release measures
- Toxicological information
- Physical and chemical properties
- Stability and reactivity
- Ecological information
- Disposal considerations
- Safe transport information

As an employee, it's your right to know about the hazards you're exposed to on the job. But you can work safely with hazardous chemicals and materials once you have the right information to protect yourself. That's what **MSDSs** are all about.



A ROUND TUIT

This is a Tuit. Guard it with your life as Tuits are hard to come by, especially the round ones. This is an indispensable item. It will help you become a more efficient worker. For years we have heard people say, "I'll do it as soon as I get a Round Tuit." Now that you have one, you can accomplish all those things you put aside until you get a Round Tuit!



What Every New Employee

Must Know

There's no way to condense every safety rule into a short presentation for new workers, but every new worker should at least:

- Understand all necessary safety measures before starting to work
- apply safety information to the job
- always wear the appropriate PPE and follow proper maintenance procedures
- make sure any required guards are in place on a machine or tool before using
- follow safety instructions to the letter
- follow all hazard warnings on chemicals and know how to obtain further information on hazardous chemicals by checking material safety data sheets
- understand emergency procedures and be prepared to follow them during an emergency.

This is by no means a comprehensive list of safety rules, but it does provide the basics every new worker should know and apply. If you see a new worker who doesn't seem to understand these safety rules, be sure to tell a supervisor. Alerting someone to a potential problem before an accident happens could save someone's life.

excerpt from Safety and the Supervisor

FOLLOW THESE IMPORTANT GASOLINE STORAGE SAFETY TIPS

Keeping gasoline on hand in the spring, summer and fall is a necessity for many gas-powered lawn and garden tools. However, following these gasoline storage tips can avoid a fire or explosion.

Always store gasoline outside, preferably on a high shelf away from heat sources

Use an approved container to store gasoline and be sure it is clearly labeled.

When transporting gasoline, place the approved sealed container in the trunk of your car with the trunk lid slightly open to allow for ventilation. Get the task done quickly by driving directly to and from the refueling site.

Never store gasoline containers in your vehicle.



And The Sport With The Most Injuries Is...

The graph below shows estimates of the number of injuries treated in hospital emergency rooms related to specific sports during a recent year. Keep in mind that the number of participants in each sport affects the rankings. For example, more people are injured playing basketball because there is higher participation in that sport than in ice hockey. The rankings are as follows:

SPORT	PARTICIPANT	INJURIES
Basketball	33,300,00	653,676
Cycling	71,900,000	556,085
Football	20,600,000	363,921
Baseball	34,700,000	351,905
Roller Skating	40,600,000	162,307
Soccer	13,900,000	156,681