



Emergency! *Do you know what to do?*

- Someone is injured on the job every 20 seconds.
- Every hour someone dies at work.
- When a person stops breathing, or when the heart stops beating, brain damage can occur within 4 to 6 minutes.
- Every year nearly half a million Americans die because of heart attacks, usually within 2 hours of having an attack.

Because of these alarming realities, it's important for you to know basic first aid. With a little first-aid training, you can provide valuable help in an emergency and maybe even save a life—in such common workplace situations as:

- Wounds with heavy bleeding
- Broken bones
- Heatstroke
- Chemical poisoning
- Stopped breathing
- No pulse
- Heart attack
- Eye injuries
- Choking
- Shock
- Burns

Not everybody is cut out to deal with a medical emergency, and you should never try to do more than you feel comfortable doing. If you're not able to give first aid, you can be the one who calls 911 or who meets the emergency medical technicians (EMTs) at the door or who stays with the victim to give moral support until the EMTs arrive.

When an emergency occurs, someone needs to get to the victim to see what's happened. Someone needs to notify the supervisor. Someone may need to apply first aid. Someone may need to call 911 and stay on the line with the dispatcher. So know and follow your workplace emergency procedures. And participate in all workplace emergency drills.

YCPARMIA offers First Aid, CPR, and AED training classes free of charge to our members' employees. Call 530-666-4456, if you are interested in signing up!

WHEN TO CALL EMS

May 16-22 is National EMS Week, sponsored by the American College of Emergency Physicians (ACEP).

ACEP recommends you to ask the following questions to determine whether to call EMS:

- ➔ Is the condition life-threatening?
- ➔ Could it worsen and become life-threatening on the way to the hospital?
- ➔ Does the victim require the skills or equipment of emergency medical technicians?
- ➔ Could distance or traffic conditions cause a delay in getting to the hospital?

In addition, ACEP advises that children with the following signs need to be taken to the emergency room:

- ➔ Fast breathing or trouble breathing
- ➔ Bluish or gray skin color
- ➔ Not drinking enough fluids
- ➔ Not waking up or interacting with parents
- ➔ Being too irritable to be held
- ➔ Flu-like symptoms improve but then return with fever and worse cough
- ➔ Fever with rash

When calling 911, calmly and clearly give your name, address, and phone number, the location of the victim, and the medical problem. Don't hang up until told to, so you can continue to exchange necessary information and instructions.



Take another peak at our monthly newsletter and you'll find condensed information with a sleek, new look!

YCPARMIA

77 W. Lincoln Avenue, Woodland, CA 95695 Phone: 530-666-4456

How To Avoid MSDs *Proper posture prevents pain*

Musculoskeletal disorders (MSDs) can be a real problem at work and they don't just affect computer users. Employees whose jobs require them to stay in one position, whether sitting or standing, for prolonged periods are at risk of developing MSDs. Here are two easy ways to minimize that risk:

1. Take breaks. Move around on your regularly scheduled work breaks to rest work muscles and engage the rest of your body. Also take periodic mini-breaks to stand up or sit down, whichever is the opposite of your regular work position.

2. Use proper posture when standing or sitting:

Stand: with your weight distributed between both feet. Shift your weight from side to side periodically. You can also put a foot up on a stool or ledge to ease strain on your back muscles.

Sit: with your feet flat on the floor or on a footrest and your thighs parallel to the floor so that the bend of your knees forms a 90 degree angle. Sit back in your chair and make sure the chair has good support for your lower back.

Health and Fitness

If you haven't been exercising, talk with your doctor before beginning a new program. Walking is a great way to start improving fitness. Take these steps:

- Wear sturdy, lightweight, and comfortable shoes that support and cushion your feet. Wear cotton socks and comfortable loose-fitting clothes.
- Stretch before starting:
 1. Stand with hands clasped over and behind head, elbows straight. Lean to side, shoulders straight. After five seconds, come up and lean to other side. Repeat five times.
 2. Stand facing wall, an arm's length away.

With both heels on ground, put one leg forward, knee bent. Keep back leg straight. Body straight, lean forward and place palms on wall. Bend elbows until right leg feels stretch. Hold for 20 seconds. Reverse legs and repeat. Repeat several times each way.

- Walk for at least 20 minutes. Walk slowly for first five minutes, gradually increasing pace.
- Walk at a brisk pace, with long, easy strides. Keep your back straight, arms swinging, and abdomen flat. Breathe deeply.
- Walk more slowly for last few minutes and stretch a few times at end of your walk.

Did You Know?

In fiscal year 2008-2009, the average cost per injury for YCPARMIA members was over \$3,000.

Videos, training materials,
& more online at:
www.ycparmia.com