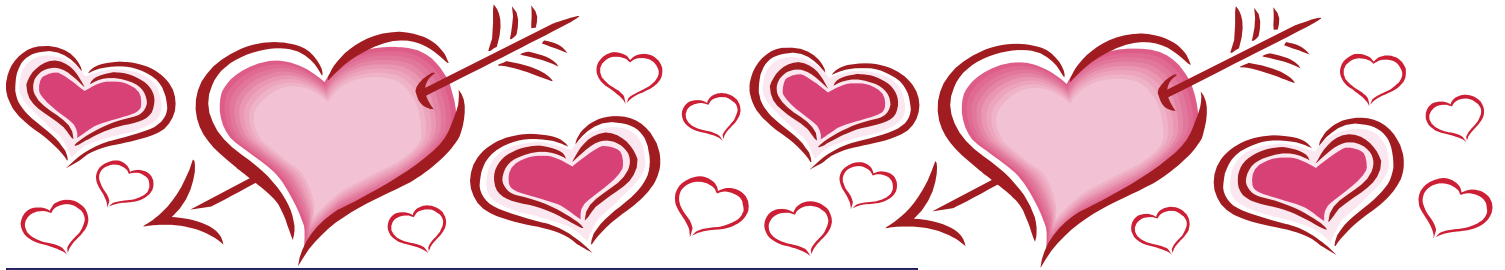


SAFETY SOLUTIONS LLC

The *Source* for Occupational Safety & Health
SAFETY SOLUTIONS NEWS & VIEWS



CPR & First Aid Training

♥ Early CPR at the scene of an incident is essential in the prevention of brain damage when the heart stops beating (cardiac arrest). Blood flow and air supply to the brain and other major organs is maintained until a defibrillator and professional medical help arrives.

♥ Having first aid training affords immediate aid of simple, yet possibly life saving techniques to a sick or injured person until medical treatment can be provided.

Although most industries are not required to have **CPR and First Aid** trained personnel on site, doing so **could save a life, maybe your life!**

FEBRUARY 2007

OSHA's 'QuickTips' from *QuickTakes*

Employees involved in shift work, holding high stress jobs, or exposed to certain chemicals or electrical hazards may face a higher risk of heart disease and cardiac arrest. Automated external defibrillators (AEDs) are medical devices designed to analyze the heart rhythm and deliver an electric shock to victims of ventricular fibrillation to restore the heart rhythm to normal. Because the use of AEDs can save the lives of employees who experience cardiac arrest while on the job, OSHA is encouraging employers to consider making this equipment available in their workplaces. Here are some of the reasons for having AEDs in the workplace.

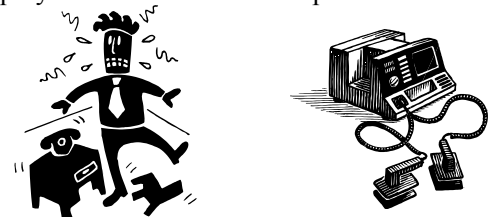
- ♥ Onsite AEDs save precious treatment time, and can improve survival odds because they can be used before emergency medical service personnel arrive.
- ♥ A heart rhythm in ventricular fibrillation may only be restored to normal by an electric shock.
- ♥ AEDs are compact, lightweight, portable and battery-operated.

The devices are safe and easy to use by those who have been properly trained. OSHA's [Safety and Health Topics page on AEDs](#) features more **re-source** information that will help employers establish an effective AED program and further **prevent** employee fatalities in the workplace.

If you're interested in training any of your employees in First Aid, CPR, and/or AED use, we can arrange that for you. Please contact us for pricing information! Other great sites for information:
American Red Cross: www.RedCross.org
Amer. Heart Assoc.: www.americanheart.org

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