



Safety Division A Division of Human Resources

Can You Find The Defibrillator At Work? Half Of People Say No

Do you know where your workplace automated external defibrillator (AED) is located? About half of all U.S. employees do not, according to the results of an American Heart Association survey.

The survey also found that workers in the hospitality and service industry, which includes hotels and restaurants, were less likely to know the location of their workplace AED —approximately 66 percent of them did not know where it was. Workers in schools and other education facilities were the most likely to be able to find it— approximately 61 percent said they knew the AED's location.

However, the survey did not follow up and ask whether the workplace had an AED, and the survey did not distinguish between who did not know where the AED was and those who didn't know if there was an AED on site. That makes the findings less clear.

Still, the low numbers surprised Dr. Michael Kurz, an associate professor of emergency medicine at the University of Alabama-Birmingham and an American Heart Association spokesperson.

"This is a relatively simple intervention, the provision of CPR training and providing an AED," Kurz says. "A relatively simple intervention that has a rather significant return on investment, both in lives saved and, frankly, on the impact on your employees."

"For every minute that you're in cardiac arrest, you're pulseless, your [chance of] survival drops by 10 percent," Kurz says.

An AED checks the heart's rhythm and can send an electric shock to the heart to try to restore a normal rhythm.

More than 350,000 cardiac arrests take place in the U.S. in locations other than hospitals each year, according to the American Heart Association. In 2015, Nancy Holland, a resident of Leawood, Kan., became one of them.

She went into cardiac arrest in the restroom of a restaurant where she had been eating dinner with her husband. The restaurant's manager performed CPR until paramedics arrived with an AED.

Holland says she's lucky the restaurant's manager knew CPR, because it kept her "salvageable" until the paramedics showed up. When he started working as a restaurant manager, Holland says, his mom had told him he owed it to the customers to learn CPR—just in case.

Now whenever she walks into a building, she scans the walls looking for an AED.

"I hope I never need it, but it's always in the back of my mind," Holland says.

She also gives talks about the importance of CPR and AED training, emphasizing that cardiac arrest can happen to anyone.

Holland was in her 40s and didn't have any health problems when she went into cardiac arrest. She had been to her doctor for a checkup just three weeks earlier.

Continued on page 2



And she's now a board member of her local chapter of the HeartSafe Foundation, which provides free training in hands-only CPR and works to improve public access to AEDs.

She also says businesses should take precautions before an emergency happens.

About 10,000 cardiac arrests happen in workplaces each year, the AHA says.

More than half of employees — about 55 percent — are not offered first aid or CPR/AED training through their employer, the American Heart Association AHA survey found. And sometimes employees have access to only one form of training.

But most of the 2,000 employees surveyed say their employers should offer first aid and CPR/AED training. Ninety percent say they would participate in training if their employers provided them.

Cost and fear of liability are two reasons that businesses don't install AEDs, Kurz says, but those are misperceptions.

A typical AED costs about \$1,200 to \$1,500, Kurz says, and prices have gone down over time as the technology becomes more widespread. Machines that once cost \$3,000 now run under \$1,000, according to the National Conference of State

Legislatures, which tracks the passage of laws related to AEDs.

When it comes to legal liability if an AED is used improperly and someone is injured or killed, Kurz says in most states you're protected by law.

In addition, AEDs have a built-in mechanism for analyzing heart rhythms and evaluating whether a shock is needed.

But AEDs do need to be maintained in order to be effective. Batteries should be replaced every two to five years, depending on the model. And the sticky pads that adhere to a cardiac arrest victim's skin also come with expiration dates and need to be replaced about every two to three years.

The Occupational Safety and Health Administration doesn't require workplaces to have AEDs, but it does encourage employers to have them on-site.

The American Heart Association launched a public awareness campaign this week to emphasize the value of CPR/AED training for employees, says Kurz.

"It's unfortunate that 1 in 3 businesses thinks to put an AED in place only after an incident occurs," he says. "We would like businesses to think proactively, like they do about their business, about their employees' health."

If you have any questions regarding AED you can contact Program Coordinator
Julio Ibarra

Julio Ibarra
Senior Safety Coordinator
JIbarra@rivco.org

Direct: 951-955-9527
Office: 951-955-3520
Fax: 951-955-9200

Respect + Responsibility + Collaboration = Our Success

HEAT ILLNESS: Do you know what to look for



Workers who are exposed to extreme heat or work in hot environments may be at risk of heat stress. Exposure to extreme heat can result in occupational illnesses and injuries. Heat stress can result in heat stroke, heat exhaustion, heat cramps, or heat rashes. Heat can also increase the risk of injuries in workers as it may result in sweaty palms, fogged-up safety glasses, and dizziness. Burns may also occur as a result of accidental contact with hot surfaces or steam.

Workers at risk of heat stress include outdoor workers and workers in hot environments such as fire-

fighters, bakery workers, farmers, construction workers, miners, boiler room workers, factory workers, and others. Workers at greater risk of heat stress include those who are 65 years of age or older, are overweight, have heart disease or high blood pressure, or take medications that may be affected by extreme heat.

Prevention of heat stress in workers is important. Employers should provide training to workers so they understand what heat stress is, how it affects their health and safety, and how it can be prevented.

[Title 8 Section §3395. Heat Illness Prevention](#)

HEAT STROKE

Heat stroke is the most serious heat-related disorder. It occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. When heat stroke occurs, the body temperature can rise to 106 degrees Fahrenheit or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not given.

Symptoms

Symptoms of heat stroke include:

- Hot, dry skin or profuse sweating
- Hallucinations
- Chills
- Throbbing head-ache
- High body temperature
- Confusion/dizziness
- Slurred speech

First Aid

Take the following existing steps to treat a worker with heat stroke:

- Call 911 and notify their supervisor.
- Move the sick worker to a cool shaded area.
- rapidly** cool the worker using methods such as:
 - Fanning their body.
 - Spraying, sponging, or showering them with water.
 - Soaking their clothes with water.
 - Immersing up to the neck in cold water

HEAT EXHAUSTION

Heat exhaustion is the body's response to an excessive loss of the water and salt, usually through excessive sweating. Workers most prone to heat exhaustion are those that are elderly, have high blood pressure, and those working in a hot environment.

Symptoms

Symptoms of heat exhaustion include:

- Heavy sweating
- Extreme weakness or fatigue
- Dizziness, confusion
- Nausea
- Clammy, moist skin
- Pale or flushed complexion
- Muscle cramps
- Slightly elevated body temperature

First Aid

Treat a worker suffering from heat exhaustion with the following:

- Have them rest in a cool, shaded or air-conditioned area.
- Drink fluids gradually (4oz. Every 15min.) Water best choice.
- Have them take a cool shower, bath, or sponge bath.

HEAT SYNCOPE

Heat syncope is a fainting (syncope) episode or dizziness that usually occurs with prolonged standing or sudden rising from a sitting or lying position. Factors that may contribute to heat syncope include dehydration and lack of acclimatization.

Symptoms

Symptoms of heat syncope include:

- Light-headedness
- Dizziness
- Fainting

First Aid

Workers with heat syncope should:

- Sit or lie down in a cool place when they begin to feel symptoms.
- Slowly drink water, clear juice, or a sports beverage.

HEAT CRAMPS

Heat cramps usually affect workers who sweat a lot during strenuous activity. This sweating depletes the body's salt and moisture levels. Low salt levels in muscles causes painful cramps. Heat cramps may also be a symptom of heat exhaustion.



Symptoms

Muscle pain or spasms usually in the abdomen, arms, or legs.

First Aid

Workers with heat cramps should:

- Stop all activity, and sit in a cool place.
 - Drink clear juice or a sports beverage.
 - Do not return to strenuous work for a few hours after the cramps subside
- because further exertion may lead to heat exhaustion or heat stroke.
- Seek medical attention if any of the following apply:
 - The worker has heart problems.
 - The worker is on a low-sodium diet.
 - The cramps do not subside within one hour.

FATIGUE

fa·tigue
/fuh-teeeg/

Fatigue describes the feelings of tiredness, sleepiness, reduced energy, and increased effort needed to perform tasks at a desired level.

Time of Day

Shift workers, especially those on the night shift, and those driving during night-time hours are particularly vulnerable to fatigue. Because of the body's circadian rhythm, time of day has a profound impact on fatigue.

Shift work

- People are physiologically programmed to sleep at night and be awake and active during the day. This can lead to a decrease the quantity and quality of sleep causing fatigue. (Akerstedt et al., 2008; Czeisler, 2015; Lerman et al., 2012; Matheson et al., 2014; Rosa & Colligan, 1997; Smith & Eastman, 2012)
- Employees on rotating shifts are less likely to adapt to the night shift which leads to sleepiness and fatigue. If a rotating shift is necessary, forward rotating shift is best. (Dall'Ora et. al, 2016)
- Night-shift workers' do not get as much sleep during their time off as daytime or evening workers. Over several consecutive night shifts, fatigue can build up and result in poor performance on the job. (Baulk et al., 2009; Caruso, 2014; Folkard & Lombardi, 2006; Folkard & Tucker, 2003; Mitler et al., 1997; Park et al., 2000; Rosa & Colligan, 1997; Vallières et al., 2014; Van Dongen et al., 2003)

Night time driving

- Drowsy driving crashes typically occur during nighttime and early morning hours. (Akerstadt et al., 2001; Connor et al., 2002; Folkard et al., 1997; Keall et al, 2005; Lenne et al., 1997)



Continue on p6.

Sleep Deprivation

Humans require adequate sleep (7-9 hours for adults) in order to function. Sleep debt, a cause of fatigue, happens when a person loses a sufficient amount of sleep or stays awake for an increasing period of time.

- Sleep deprivation can accumulate, and large sleep debt may result in chronic fatigue. (Edell-Gustafsson et al., 2002; Fletcher et al., 2003; Natale et al., 2003; Purnell et al., 2002)

Sleep Problems

- Sleep disorders, chronic diseases and medications can decrease sleep quantity and quality, increasing fatigue. (Smolensky et al. 2011)
- Research shows roughly 60% of shift workers complain about sleep loss and sleeping problems.
- (Edell- Gustafsson et al., 2002; Fletcher et al., 2003; Muecke, 2005; Natale et al., 2003; Purnell et al., 2002)
- Sleep deprivation in combination with working at night may further exacerbate the adverse effects of fatigue. (Akerstedt, 2003; Cohen et al., 2010; Santhi et al., 2007; Wright et al., 2013)
- Approximately 23% of working Americans suffer from insomnia. (Kessler et. al, 2011)



FATIGUE

fa·tigue
/fuh-teeeg/

Fatigue describes the feelings of tiredness, sleepiness, reduced energy, and increased effort needed to perform tasks at a desired level.

Time on Task

Individuals will experience fatigue the longer they conduct a specific task. This fatigue can manifest as sleepiness, muscle tiredness or mental tiredness.

- A person's ability to remain focused on simple and repetitive tasks is limited. Examples are long-haul driving, working on an assembly line, baggage screening, scanning, inspections, quality control, etc. (Langner & Eickhoff, 2014; Matthews & Desmond, 2002)
- The "time-on-task effect" is the gradual increase in the amount of effort required to maintain the same level of performance on a task over time. In other words, the longer we are required to perform a tedious task, the more our attention, speed, and accuracy decline. (Grier et al., 2003; Szalma et al., 2004; Van Dongen et al., 2017; Warm et al., 2008)
- Time-on-task fatigue becomes worse as a result of extended wakefulness, night work, or both. (Basner et al., 2008; Doran et al., 2001; Gunzelmann et al., 2010; Lim & Dinges, 2008; Wesensten et al., 2004; Wickens et al., 2015)
- Research shows optimal duration for safe highway driving is under 90 minutes before sleepiness and time-on-task related decreases in performance can occur. (Ting et al., 2008)



Work Factors

Some jobs are more prone to fatigue due to task-related factors, environmental factors and organizational factors.

Task-related Factors

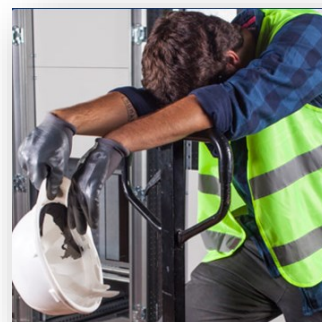
- The type of task an employee does can affect his or her level of fatigue including; the physical and mental demands of the task as well as an employee's level of experience with the task.

Environmental Factors

- Characteristics of the work environment may contribute to the occurrence of fatigue. Some factors known to increase the risk of fatigue among workers are noise and poor indoor air quality. On the other hand, exposure to bright light has been shown to increase alertness and reduce fatigue (Bengtsson et al., 2004; Bernstein et al., 2008; Buelow, 2001; Foret et al., 1998; Hawes et al., 2012; Jahncke & Halin, 2012; Kjellberg et al., 1996; Kjellberg et al., 1998; Kristiansen et al., 2014; Mills et al., 2007; Melamed & Bruhis, 1996; Nishihara et al., 2014; Reijula & Sundman-Digert, 2004; Saremi et al., 2008; Smolders & de Kort, 2014; Tanabe & Nishihara, 2004; Wyon, 2004)

Organizational Factors

- Organizational factors like safety culture, employee engagement, leadership commitment and supervisor support can help prevent fatigue-related incidents. Other factors that can affect employee fatigue are; company size, type of industry, absence of a fatigue risk management system, work scheduling policies, and employee compensation (payment by task, hour or overtime).



9 Healthy and Safe Work Habits

Looking after your health is vital to performance and safety at work. If you work without any consideration for your health, at some point things will catch up with you in one way or another. **Your health is one of your most important assets.** Here are 9 healthy habits that can help you stay on top of your well-being at work:

1. Exercise



Finding time for exercise is important for our health and is a great way to manage stress. Exercise is often further down on the to-do list compared to other tasks, but it is something that you need to find time for — particularly if you work at a sedentary job that has you sitting at a desk all day. If you don't currently exercise, start small and build up. Go for a walk and start getting your body moving. Even taking the stairs instead of the elevator can make a huge difference. You can find other ways to exercise as you get more comfortable with the new routine. Make it easy for yourself and find exercise that you enjoy.

2. Eat Well



[Eating well](#) is another important cornerstone of good health. Our work habits can make it hard to eat well but with some small changes, we can take control of what we eat and stay healthy. Plan your meals in advance each week and shop accordingly. Planning your meals will help you to eat well at home and have ingredients to prepare food for work. By making

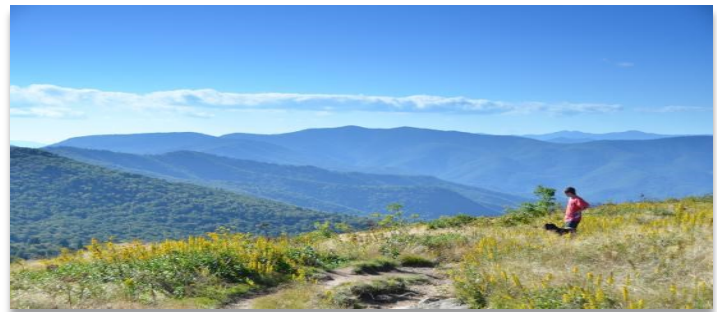
your own food you will be able to ensure you are eating healthy foods that enhance your health. Bring healthy snacks to work with you (like fruit and nuts) to stop the temptation of unhealthy stop gaps. Doing this is also very good for your bank balance.

3. Drink Water



Drinking water has a variety of health benefits. Almost two thirds of our bodies are made up of water, so it is important to stay hydrated. Stress and electrical equipment are two things that can negatively affect our hydration levels at work. **A general rule is to drink two litres a day.** Have a glass of water or some herbal tea on your desk to help remind yourself to stay hydrated.

4. Fresh Air



If you work indoors, getting some fresh air each day will help you feel better. It will blow the cobwebs away and help you to feel rejuvenated when you get back to work. Fresh air also helps to eliminate bugs and bacteria that can build up in workplaces (especially if you work in a crowded office). Rather than work through lunch, get outside and breathe deeply. I guarantee you will feel better for it.

Continued
On Next Page

5. Sleep Well



Getting into a [good sleeping routine](#) really helps you to feel and stay healthy. Try to avoid working and eating late and if possible, aim to go to sleep around the same time each night. **Six to eight hours sleep per night is recommended by most experts.**

6. Employ Healthy Workplace Practices

It is important to practice good habits at work that support your health. Be aware of the [effects of computer work](#) on your eyes and body, make sure you [stretch regularly](#) and move away from where you are working when you can. Practice being aware of your body and what it needs throughout your work day.

7. Keep a Good Work-Life Balance



Keeping a [good balance](#) between your work and home life will help you feel and stay healthy. When you are working long hours or always available for calls and emails from your workplace, your well-being (physical and mental) will get out of balance. Practice setting boundaries around your time and honoring them. Make your life outside work enticing and fun so that you enjoy being away from work and are able to *switch off*. A good balance will also help you to be rejuvenated and motivated when you go back at work.

8. Create a Pleasant Working Environment



If you work at a job with limited control of your work environment, there are usually positive changes you can make. Get in the habit of keeping your work space clean and tidy. Choose an inspiring desktop image. Surround yourself with reminders of positive things or things to look forward to or people you want to spend time with like kids, grandkids, the dog, vacations etc... Find a way to make where you work inspiring and inviting.

9. Enjoy the Work

The amount you enjoy the work you are doing will directly influence your health and well-being. Try to enjoy each day you are at work. If there are some difficulties with your job, see if you can make any changes. There is usually something that can be done to make things better if you look deep enough. If you really do not like the work you are doing, maybe it's time for a change. Don't be afraid to look for change if it's needed. Remember, your well-being is important and you deserve to enjoy your work. Not enjoying your work can do the most harm to your well-being over time.

