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# SafetyNET

Your Source for the Latest in Workplace Safety  
Issue 12, February 2006

## Stay Safe this Winter with **SafetyNET**

Don't leave health and safety out in the cold this winter! It's time to start preparing for the release of the new American Red Cross First Aid/CPR/AED program! New materials won't start shipping until March 31, 2006, but you can place your orders NOW through your local Red Cross chapter, or by visiting [www.shopstaywell.com](http://www.shopstaywell.com). The new program has been updated with the latest science for first aid, CPR and emergency cardiovascular care and brings you a wealth of educational innovations. You can learn more about the new program in this issue of **SafetyNET**, as well as test your knowledge about hypothermia, increase your awareness of the signs of stroke and read up on how women can reduce their risk of heart disease. As always, thank you for helping the American Red Cross teach everyday people to save lives.

### New Red Cross Programs Available in March 2006

Pre-order your materials now.

[More...](#)

### The Hype on Hypothermia

Can you distinguish the cold facts?

[More...](#)

### Stroke Awareness

Could you recognize a stroke?

[More...](#)

### Take Heart in February - Donate Blood

Help alleviate a national blood shortage.

[More...](#)

### Women and the Risk of Heart Disease

Are enough women aware of their risk?

[More...](#)



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Friendly Version

## Place Your Order Today for the New First Aid/CPR/AED Program Materials!

Although the new American Red Cross First Aid/CPR/AED programs will not be released begin shipping until March 31, 2006, you can get a head start by pre-ordering instructor and participant materials NOW!

Visit [www.shopstaywell.com](http://www.shopstaywell.com) to order items from the new product line, including:

- *First Aid/CPR/AED for the Workplace, Schools and the Community Instructor's Manual with CD-ROM* (Stock No. 656693)
- *First Aid/CPR/AED for the Workplace Participant's Workbook* (Stock No. 656694)
- *Adult CPR/AED Skills Card* (Stock No. 656692)
- *First Aid Skills Card* (Stock No. 656691)
- *Infant and Child CPR Skills Card* (Stock No. 656695)
- *First Aid/CPR/AED for the Workplace DVD* (Stock No. 656690)
- *First Aid/CPR/AED for Schools and the Community* (Stock No. 652145)
- *First Aid/CPR/AED for Schools and the Community DVD* (Stock No. 652146)

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**Have you visited the NEW American Red Cross Instructor's Corner Web site?**

At the American Red Cross Instructor's Corner ([www.redcross.org/instructorscorner](http://www.redcross.org/instructorscorner)), instructors will find a wealth of online instructor tools and resources right at their fingertips. After completing a simple registration process, instructors can access-

- Online Program Updates - Learn about new and revised programs online.
- Instructor Tools and Teaching Aids - Find downloadable resources such as electronic presentation tools, course codes, fact sheets and more.
- Course Record Forms - Download course record forms and activity reports.
- Marketing and Promotional Materials - Download marketing tools to promote your Red Cross courses and programs.
- Red Cross News and Information.
- And Much More!

**Register today at [www.redcross.org/instructorscorner](http://www.redcross.org/instructorscorner) for a chance to win an all-expense paid trip to Orlando, Florida!**

If you are an American Red Cross First Aid and CPR/AED instructor, you can update to the new First Aid/CPR/AED program online at the American Red Cross Instructor's Corner! If your 'home chapter' is successful in registering at least 40% of their instructors, your registration on the site by March 17, 2006 will make you eligible to win one of 10 DVD players (compliments of StayWell) or an all-expense-paid trip to the Emergency Cardiovascular Committee (ECC) Update Conference in June 2006 in Orlando, Florida (compliments of Medtronic Emergency Response Systems).

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## New Red Cross Programs Available in March 2006

The American Red Cross is currently updating its health and safety programs with the latest science in first aid, CPR and emergency cardiovascular care. New instructor and participant materials for the First Aid/CPR/AED program will begin shipping on March 31, 2006 and pre-sale orders are currently being accepted by the publisher of Red Cross training products, StayWell at [www.shopstaywell.com](http://www.shopstaywell.com). Make sure your instructors update to the new program as early as possible in order to provide your employees with the latest health and safety skills!



The new First Aid/CPR/AED program features a wealth of educational innovations to enhance the learning experience for course participants, such as—

- **An innovative and engaging "practice-while-you-watch" instructional method** that allows learners to perform skills along with a video while a classroom instructor provides more individual guidance, more fully engaging students.
- **New participant materials** to support the learning process and provide an excellent refresher and reference after training.
- **A new training DVD** that is customized with specific types of emergency scenarios that are likely to occur in a workplace environment, enhancing the relevancy of training for your employees.
- **New optional one-hour Epinephrine Auto-Injector Training module and 45-minute Asthma Inhaler Training Lesson**—ideal for staff who may be required to assist someone during a severe allergic reaction or asthma attack
- The skills training required to **meet OSHA Guidelines for First Aid.**

The new American Red Cross First Aid/CPR/AED program will feature new lifesaving techniques based on the recently released

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2005 Guidelines for First Aid and 2005 Consensus on Science for CPR and Emergency Cardiovascular Care. Current training methods for CPR are not incorrect or harmful, but improved methods, based on new scientific evidence, will make it easier to learn CPR and other lifesaving skills.

For more information, please contact your local American Red Cross chapter, or visit [www.redcross.org](http://www.redcross.org). To order the new First Aid/CPR/AED program products, visit [www.shopstaywell.com](http://www.shopstaywell.com).

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## The Hype on Hypothermia

Hypothermia, or abnormally low body temperature, occurs any time your body loses more heat than it generates. Heat loss can be caused by air or by water. Water conducts heat away from the body 25 times faster than the air. If you get wet, the air temperature doesn't have to be low to send your body temperature plummeting. Even mild, 60-degree days can pose a danger if you fall in the water, or get drenched from rain or sweat. That means anyone who doesn't dress warmly enough or gets overheated then chilled while outside risks developing hypothermia.

Can you separate the cold facts from the incorrect answers in the questions below?

### 1. Adults and infants show the same symptoms of hypothermia.

- True  
 False

### 2. Hypothermia becomes critical when the body's core temperature rises above 98.6 degrees Fahrenheit.

- True  
 False

### 3. Alcoholic substances should never be given to someone suffering from hypothermia.

- True  
 False

### 4. Infants and elderly people are most susceptible to hypothermia.

- True  
 False

### 5. Frostbite most often affects the extremities.

- True  
 False

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6. Avoid wearing layers when spending time in the cold because your body will overheat.

- True  
 False

7. Treat frostbitten extremities by immersing the affected area in warm (not hot) water.

- True  
 False



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That's it!

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For more information about responding to cold-related emergencies, and to learn other first aid techniques, enroll in a health and safety course at your local American Red Cross chapter.

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## Stroke Awareness

Stroke is the third-leading cause of death in the United States after heart disease and cancer. It is also a leading cause of acquired adult disability, because there are 7 to 8 times more stroke survivors than deaths, according to the American Stroke Association (ASA). And although more strokes occur in the elderly, many middle-aged people suffer strokes as well.

### What causes stroke?

Strokes occur when something interferes with the normal flow of blood to the central nervous system.

- Ischemic strokes are caused by clots that block the flow of blood through arteries.
- Hemorrhages occur when arteries burst inside or on the brain surface.

When blood flow is interrupted, the brain doesn't get the oxygen and nutrients it needs and cells begin to die. Relatively few brain cells will be affected if the interruption is brief, and the person may recover fully. Otherwise, the ASA says, the damage may be severe and permanent. One-third of stroke survivors need help caring for themselves.

The location of the stroke determines the areas of the body that will be affected. Areas commonly affected include those that involve sensory perceptions, movement, memory, thought patterns or behavior and the ability to talk or understand speech.

Treatment for stroke victims includes medication, surgery, hospital care and rehabilitation. If someone with a stroke goes to the hospital early enough, clot dissolving medication can be given.

### Warning signs

Anyone having a stroke should seek medical attention immediately. Warning signs include:

- Sudden weakness or numbness of the face, arm or leg on one side of the body.
- Sudden dimness or loss of vision, particularly in only one eye.
- Loss of speech or trouble talking or understanding speech.
- Sudden, severe headaches with no known cause.
- Unexplained dizziness, unsteadiness or sudden falls,

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especially combined with any other symptom.



### Reducing your risk

Although strokes can happen to anyone, you can take steps to prevent them by making healthy changes to your lifestyle. Here are some suggestions:

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- Control your blood pressure. High blood pressure (over 140/90) is the biggest risk factor for stroke.
- Quit smoking. Chemicals in tobacco raise your blood pressure and reduce the amount of oxygen your blood carries to the brain. This makes blood thicker and stickier- promoting clotting.
- Lower your cholesterol. High LDL ("bad") cholesterol levels damage your arteries and promote plaque formation.
- Maintain a healthy weight. Being overweight increases your risk of high blood pressure.
- Be physically active. Regular aerobic exercise promotes overall cardiovascular health.
- Eat a balanced diet, including many servings of fruits and vegetables.
- Control diabetes. People with the disease are more likely to have strokes.
- Take little strokes seriously. A small clot will sometimes clog an artery briefly, causing temporary weakness, dizziness or other symptoms. These transient ischemic attacks often precede a major stroke.
- Follow your healthcare provider's advice for treatment of heart disease.
- Find out if you need to have your carotid arteries (arteries in the neck that supply blood to the brain) checked for narrowing.

By being proactive about your health, you can lower your risk of stroke, and lower your risk factor for many other illnesses as well. To learn how to recognize and respond to emergencies, including a stroke, contact your local American Red Cross chapter to enroll in a first aid course.

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### Take Heart in February — Donate Blood

Although about 50 percent of the people in the United States are eligible to donate blood, only 5 percent do. In February, blood shortages typically reach very low levels, causing an even greater need for donations across the country.



On any given day, an average of 38,000 units of red blood cells are needed for patients in the United States. Without more blood on the shelves, the Red Cross cannot ensure that hospitals will have the blood they need to treat all patients.

Individuals are asked to support their local blood centers by making and keeping an appointment to donate immediately. Cyclical blood shortages can put lives in jeopardy. We each have a responsibility to contribute to the blood supply, and to continue to donate regularly.

Giving blood is a safe process, is easy and takes very little time. If you are healthy, at least 17 years old, weigh at least 110 pounds, and not have donated blood in the last 8 weeks (56 days) you may be eligible to donate blood. Please call the American Red Cross at 1-800 GIVE-LIFE (1-800-448-3543) or log on to [givelife.org](http://givelife.org) and make an appointment today. Keep your commitment. Patients are counting on your life saving generosity.

*Every two seconds, someone in the United States needs blood, and it takes 38,000 blood donations per day to meet that need. Thanks to generous blood donors, the Red Cross collects and distributes nearly half the nation's blood supply. We rely on the dedication of donors who know that one donation can help save the life of up to three people. Please call today to make your appointment to give the gift of life. Call 1-800-GIVE-LIFE to schedule your donation or to sponsor a blood drive.*

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## Women and the Risk of Heart Disease

Surveys show fewer than one in 10 women perceive heart disease as their greatest health threat. But it's the nation's number one killer, and women are its prime target. One in 10 women between the age of 45 and 64 has some form of heart disease, and this statistic increases to one in four women after they turn 65. Why are women so unaware of their risk?

In many cases, it is a result of misdiagnosis. The symptoms of heart disease in women are different from those in men, which can make it more difficult to diagnose—and more difficult for a woman to recognize. Women's symptoms include angina (or chest pain), chronic breathlessness, chronic fatigue, dizziness, edema, rapid heartbeat and nausea. Men's symptoms include sudden pressure, fullness, squeezing or pain in the center of the chest that lasts for more than a few minutes or goes away and then comes back; pain that radiates from the center of the chest to the shoulders, neck or arms; chest discomfort with lightheadedness, fainting, sweating, nausea or shortness of breath; and sudden onset of rapid heartbeats. Women are often treated for indigestion, while a man is often immediately treated for heart disease, at times more aggressively than a female patient.

Although both men and women are susceptible to heart disease, the reasons they develop it are different. Women typically have smaller hearts and narrower arteries than men do, so it takes less plaque to block a coronary artery and impair the flow of blood and oxygen to a woman's heart. Of course, besides heart size and the estrogen factor, each woman's risk for heart disease may be increased by other factors, including:

- Family history
- Obesity
- Where weight is carried (fat concentrated around the midsection poses a greater risk than fatty hips and thighs)
- High cholesterol
- Diabetes
- High blood pressure
- Smoking
- Sedentary lifestyle
- Stress

But, heart disease doesn't happen overnight. Years of neglect can

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create silent damage, setting women up for a heart attack. That's why it's important to practice prevention. For healthy adults, here are ways to protect heart health:

- Stay active
- Eat a heart-healthy diet, low in fat and cholesterol
- Eat 5-13 servings of fruits and vegetables each day
- Eat three servings of whole grains every day
- Limit daily salt and sodium intake
- Don't smoke
- Maintain a healthy weight
- Control stress
- Know the danger signs

You can learn more about recognizing and responding to cardiac emergencies in a course at your local American Red Cross chapter.

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