



SAFETY NEWS

January 2017

New Year's Safety Resolutions



Every year begins with the opportunity for construction members to renew their commitment to being safe on the job. Here are five resolutions to make 2017 incident-free.

1. Make safety training a priority

Training programs are established to keep everyone safe. By following proven work practices, pre-identified issues are avoided. This is especially true in high risk situations where documented procedures are

specifically made to keep working conditions safe.

2. Use safety equipment properly

Safety equipment can be uncomfortable. However, it is probably uncomfortable because it is doing its job. A commitment to wearing and using safety equipment properly will help avoid accidents throughout the year.

3. Follow the rules

In powerline construction, rules were not made to be broken. They are often created by learning from past experiences and incidents. Rules and regulations clearly set boundaries around what works best for both the contractor and the customer. Following the rules not only eliminates known risks, but also addresses the unknown.

4. Ask questions and get answers

Do not assume the unknown. Ask questions and obtain further direction when there is a lack of clarity around a specific procedure or task.

5. Work safe or not at all

When faced with difficult situations, assess your ability to safely complete a task. You should seek direction from any appropriate parties before proceeding. Safety starts with YOU!

What is your 2017 safety...

- Goal
- Plan
- Action

First aid/CPR: A real life situation

Last month a Missouri Valley apprentice had the opportunity to put his first aid and CPR training into action. The morning of the incident started fairly routine. He left his show up driving a digger truck with a pole on the trailer. The journeyman lineman working with the apprentice followed in the bucket truck. About one mile down the road he came to a stop at a stop light. The rising sun completely engulfed the intersection causing reduced visibility.

As the apprentice was stopping at the light, he noticed the SUV in the right lane next to him driving through the intersection on a yellow light. At the same time an oncoming minivan was attempting to turn left through the intersection. The SUV struck the minivan in the middle door on the passenger side.

The apprentice and journeyman immediately drove through the intersection and parked off the road. The apprentice called 911 from his cell phone and moved in to assess the scene. The journeyman and the driver of the minivan had removed three kids from the van. Gasoline was leaking from the van. The apprentice and another bystander began to treat the most critically injured child. She had blood coming from her ears, nose, and mouth and the right side of her body was stiff. The apprentice checked for a pulse and the bystander began chest compressions. The father of the child began rescue breaths. After some CPR, the child began breathing on her own. The second child had hip and neck injuries but was responsive. She was stabilized by the journeyman until the ambulance arrived. Both children were taken to the hospital and survived. The third child was uninjured in the crash.

This apprentice reacted quickly and effectively in a terrible situation. He knew his location and was able to call first

responders and relay important information right away. He used the first aid and CPR training he has received through the apprenticeship.



CPR facts and statistics

About 75 to 80 percent of all out-of-hospital cardiac arrests happen at home.

Effective bystander CPR, provided immediately after cardiac arrest, can double a victim's chance of survival.

CPR helps maintain vital blood flow to the heart and brain and increases the amount of time that an electric shock from a defibrillator can be effective.

Approximately 95 percent of sudden cardiac arrest victims die before reaching the hospital.

Death from sudden cardiac arrest is not inevitable. If more people knew CPR, more lives could be saved.

Brain death starts to occur four to six minutes after someone experiences cardiac arrest if no CPR and defibrillation occurs during that time.

If bystander CPR is not provided, a sudden cardiac arrest victim's chances of survival fall 7 percent to 10 percent for every minute of delay until defibrillation.

Sudden cardiac arrest is most often caused by an abnormal heart rhythm called ventricular fibrillation (VF). Cardiac arrest can also occur after the onset of a heart attack or as a result of electrocution or near drowning