

Preparing Your Organization



American Red Cross

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Agenda



- Emergency Preparedness
- Anatomy of a First Aid Kit
- AED, Automated External Defibrillator
- Q & A

Why Plan ? Why Prepare?



- How prepared is your organization to function under emergency/disaster related conditions?

The importance of preparedness



- Preparedness is important for any emergency.
 - Being prepared is the key to the best outcome
- Good planning
 - Allows your organization to continue to provide essential goods and/or services during times of disaster and emergencies.
 - Train employees and provide appropriate and adequate supplies for use during emergencies and disasters
 - Cross train employees
 - Investigate other options (retirees, summer interns, volunteers etc.)
 - Plan with suppliers and customers

Why Plan & Prepare?



- No Progress
- Limited Progress
- Moderate Progress
- Substantial Progress
- Objective Achieved

–One component of planning is having the appropriate supplies in an emergency...

A Key Component of Safety



First Aid Kit

- OSHA
- ANSI



OSHA Standard



Part B of the OSHA First Aid Standard (29 CFR 1910.151) requires that first aid supplies be adequate and available. OSHA does not require specific types of first aid supplies, since the type and amount of supplies is dependent upon the types of injuries that are likely to occur in a specific workplace, but OSHA does cite ANSI standard Z308.1 as an example of the minimum requirements for the contents of a first aid kit.

ANSI Standard



American National Standards Institute (ANSI) Standard Z308.1 outlining the minimum supplies for a workplace first aid kit was recently revised and approved in May 2009. The revised standard (Z308.1-2009) expands the required first aid kit supply list to include a first aid guide.



Emergency First Aid



A Century of
Excellence in First Aid

Part of *your* Life™

Meets ANSI/ISEA
Z308.1-2009

First Aid Kit



1 absorbent compress dressings (32 square inches with no sides smaller than 4")

16 adhesive bandages 1 x 3"

1 adhesive tape (3/8" 2.5 yards)

10 antiseptic wipe packets (.14 fl oz application)

New 2009 ANSI requirements:

- 6 antibiotic ointment packets (.14 fl oz gram)
- First Aid Guide



Emergency First Aid



A Century of
Excellence in First Aid

Meet ANSI/ISEA
Z3981-2009

First Aid Kit



- 2 pair of non-latex gloves (medical exam)
- 1 Burn treatment, 1/32 oz application
- 4 Sterile gauze pads (3 x 3")
- 1 triangular bandages (40 x40x 56")



First Aid Kit



Additional recommendations:

Tweezers

1 instant cold compress

1 breathing barrier (with one-way valve)

1 blanket (space blanket)

Scissors



First Aid Kit



1 Roller bandage (3" & 4" wide)

hydrocortisone ointment packets

packets of aspirin (81 mg each)

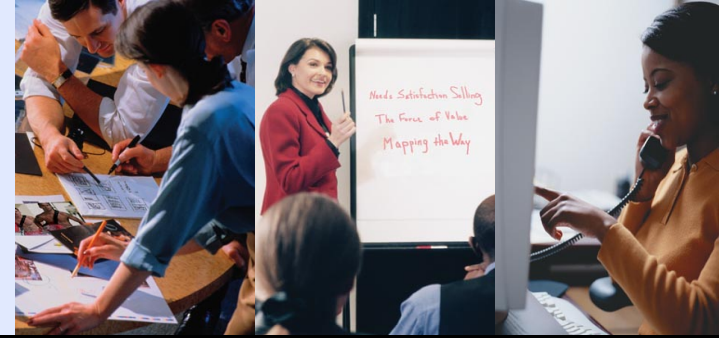
Sterile gauze pads (4 x 4")



First Aid Kit - Options



Assess Your Needs

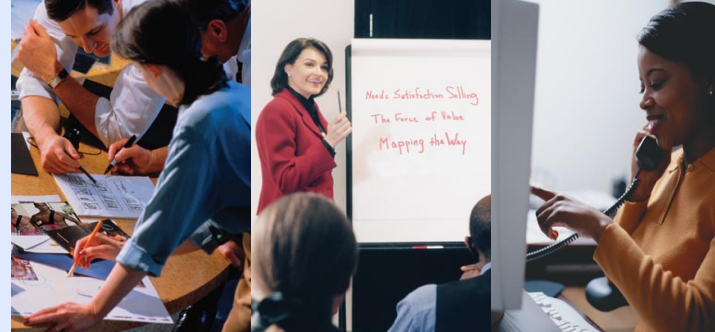


Check the kit regularly.

- Check expiration dates and replace any used or out-of-date contents.
- Update your kit(s)
- Add new items as required or technology becomes available



Safety Toolkit



AED

Automated External Defibrillator

Sudden

Cardiac Arrest



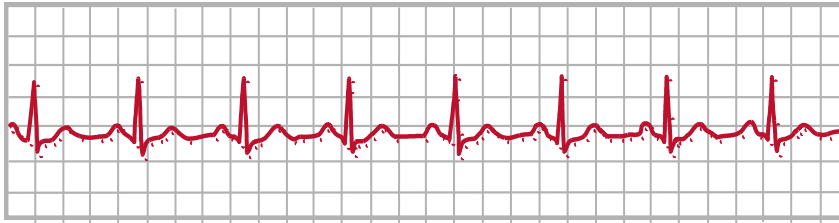
can strike
anyone,
anytime,
anywhere...

The Healthy Heart

A Series of Events



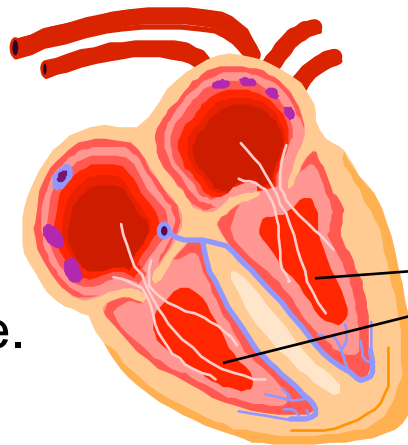
An electrical event...



stimulates a mechanical event...



...resulting in coordinated heart pumping, and regular pulse.

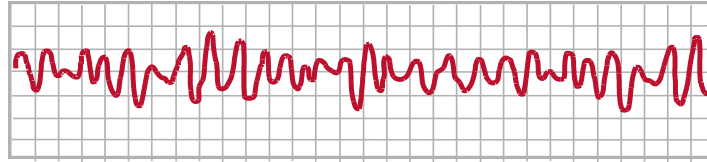


Main Pumping Chambers

Sudden Cardiac Arrest

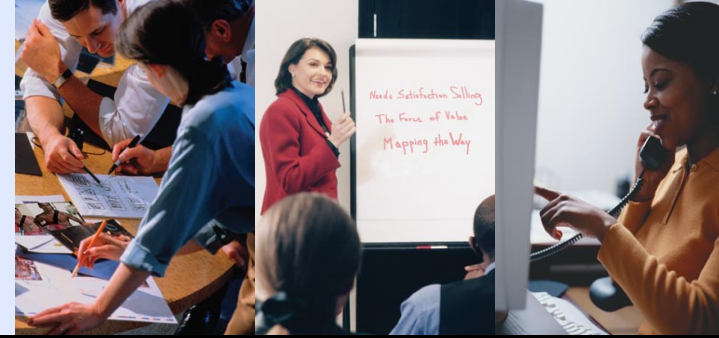


A Heart in Distress



- Uncoordinated, very fast heart rhythm
 - Ventricular fibrillation (VF)
 - Some ventricular tachycardias (VT)
- Ineffective heart pump
- Unconscious, no breathing, no pulse
- Death certain without defibrillation

The Stakes



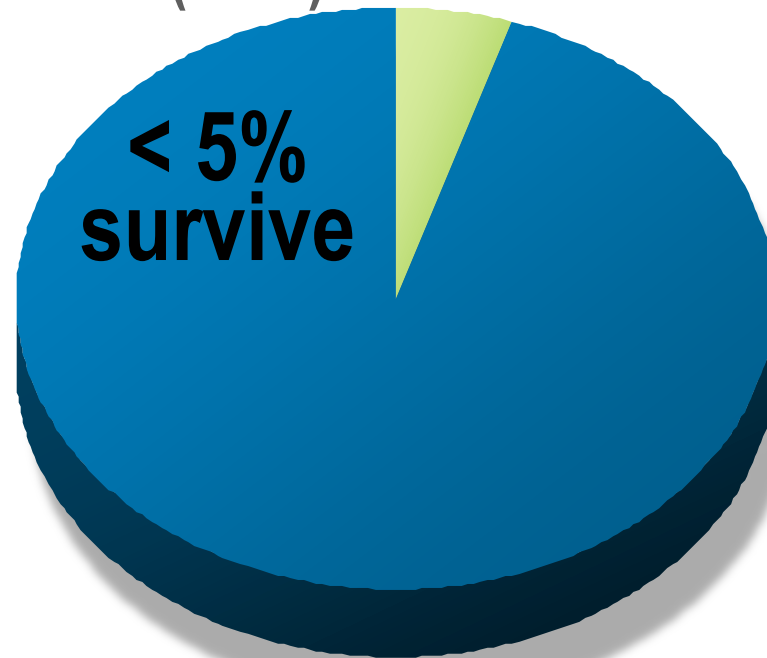
Annual Sudden Cardiac Arrest (SCA) Events – U.S.

600 patients per day
(one every 2 to 3 minutes)

75% out-of-hospital

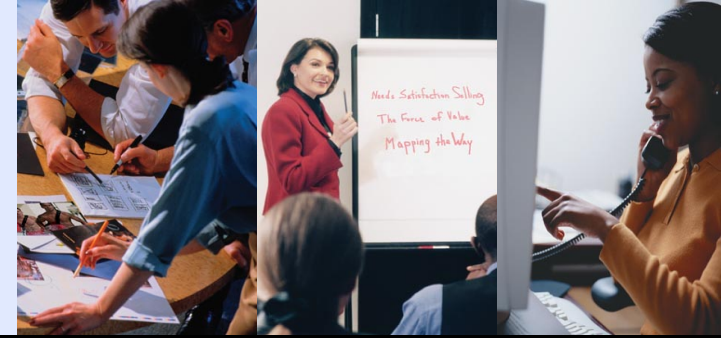
20% without prior symptoms

95% die without *very early*
treatment



Total Events
250,000

SCA Fiction vs. Fact



	Stereotype	Reality
Gender	Male	Male and Female
Age	Old	Any Age
Risk Factors	Overweight Smoker High cholesterol	Often No Clear Risk Factors
Medical History	Heart Attack	Often No Cardiac History
Presenting Symptoms	Chest Pain Dizziness	Often No Symptoms

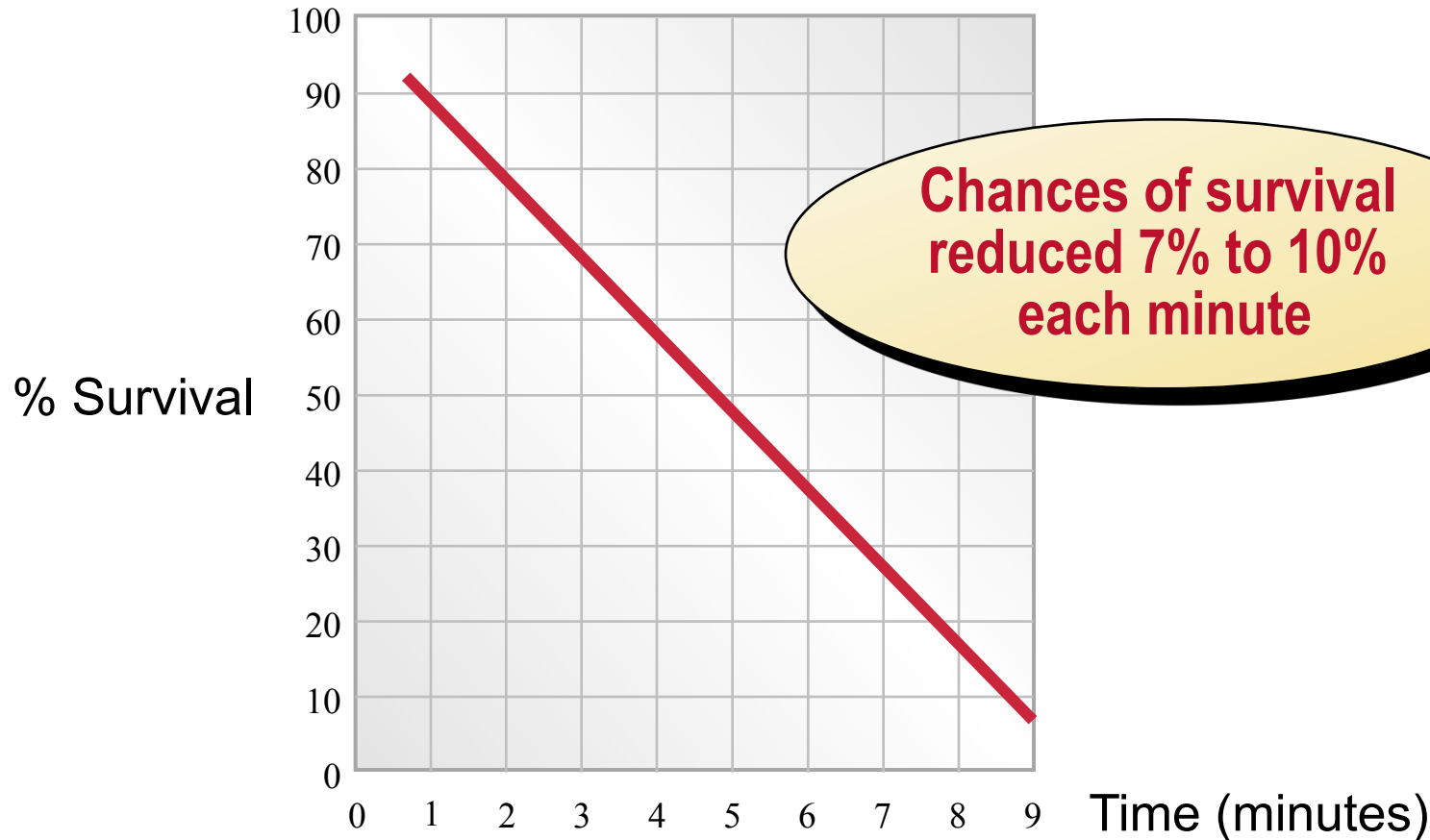


What Is Defibrillation?



- Electric shock to the heart
 - Stops uncoordinated rhythm
 - Allows return of regular rhythm and pulse
- Only definitive treatment for VF

The Case for *Early* Defibrillation



What Happens When You Call 911?



Best Case Scenario

Identify emergency/ Activate emergency response plan	30 seconds
911 call	1 minute
Alert ambulance and rescue squads (dispatch)	30 seconds
Responders to their units	30 seconds
Travel time to location	5 minutes*
Unload equipment/ Distance to patient	2 minutes
Assess patient/ Apply defibrillator/ Deliver shock	1.1 minutes**

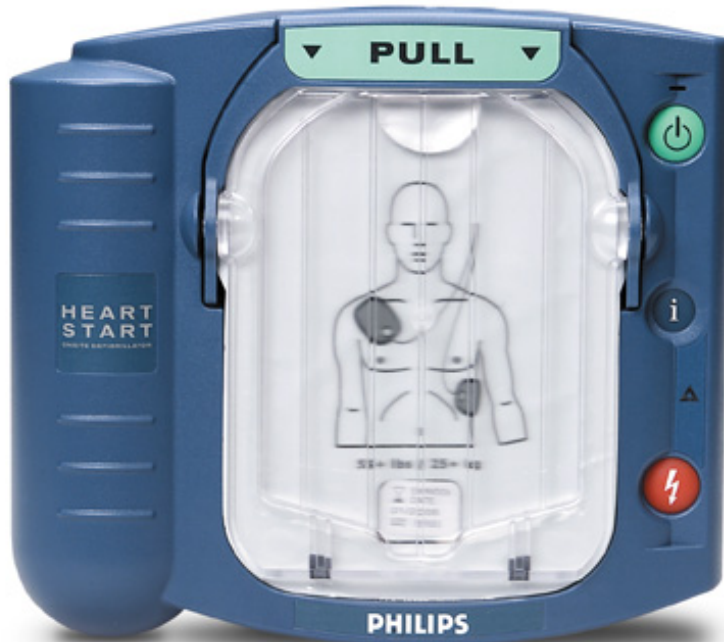
TOTAL 10.6 minutes

*Travel time varies depending on weather, traffic, distance (vertical and horizontal), and ambulance (with defibrillator capability) availability.

**Cummins RO, et al. Automatic external defibrillators used by emergency medical technicians: a controlled clinical trial. JAMA. 1987; 257:1605-10
American Red Cross of Greater Cleveland

Part of LifeTM
your

Defibrillators to the Rescue



- Small and lightweight
- Ready when needed
- Safe, effective, and easy to use
- Designed for the infrequent lay rescuer
- Expands lifesaving opportunities



What if the victim has a pulse and I can't feel it?

Can I hurt someone using the AED?

Is there legal liability?

- Can not make things worse
- HeartStart AEDs are designed to shock only when needed
- Product indemnification policy
- Good Samaritan laws, CASA act, AHA standard of care
 - Possible reverse liability



What happens if I reverse the pads?

Can I defibrillate on water, snow, ice and metal?

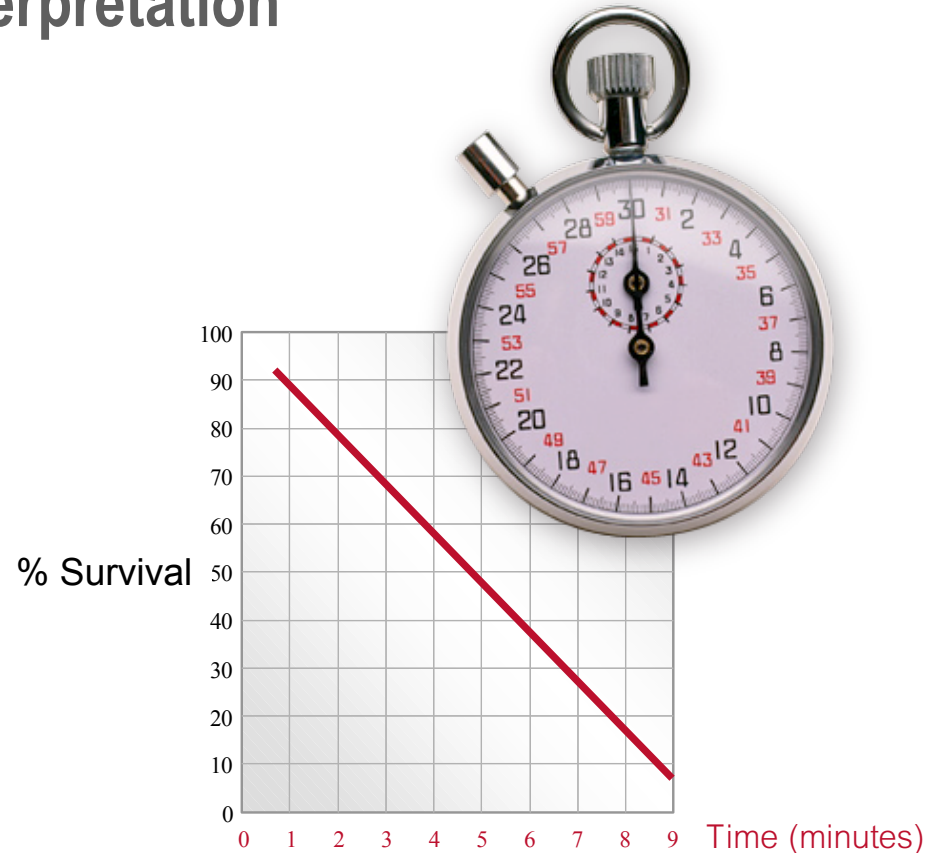
- Analysis & therapy not affected by pad reversal
- OK to defibrillate on water surfaces and metal
 - Standard safety precautions

How Fast is “Early” Defibrillation?



OSHA interpretation

*3 to 4 minutes
from onset of
life-threatening
condition
to first aid
(first shock)*





POWER TO SAVE A LIFE

Why Plan ? Why Prepare?



- How prepared is your organization to function under emergency/disaster related conditions?

Emergency Radios



Planning and Preparedness Pandemic Flu



- Employers and employees share responsibility for developing the plan
- Consider the impact of employee absenteeism
- Consider changes to supply and delivery chains

Preventing the Spread of Infection in the Workplace



- Wash hands frequently
- Make tissues and hand sanitizers available
- Make trash receptacles easily assessable
- Disinfect frequently touched surfaces

What is in your safety toolkit?



The Red Cross offers a wide range of options:

- CPR/AED (lay responder and professional rescuer)
- First Aid
- Bloodborne Pathogens Training: Preventing Disease Transmission
- Safety Products and First Aid Kits

Safety Supplies & Training



The Red Cross offers a wide range of options:

- AED – Automated External Defibrillators
- Lifeline
- PocketMD
- Babysitter's Training
- Pet First Aid (Dog and Cat First Aid Training)
- Water Safety, Learn to Swim and Lifeguard Training

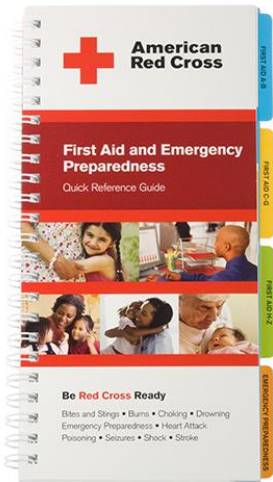
First Aid/CPR/AED



Customize training to your audience:

- First Aid/CPR/AED training materials such as DVDs and participant materials are tailored for either a workplace or school/community environment
- Modular program design allows you to select only the training your employees need

Injury Prevention Modules & Preparedness Guide





Questions?
Thank You!

For more information:



American Red Cross

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