

May 2, 2008



IT'S ALWAYS BETTER TO BE SAFE THAN SORRY! DISASTER PREPAREDNESS

Since we may never know when the next emergency or disaster will strike, we can never be ready for the situation, but what we can do is prepare ourselves through training and awareness. It is through continual training that we become comfortable with the actions. Just imagine your first day at work! It takes time to be comfortable, and it also takes practice. About one month ago, Wayne Bennett demonstrated basic CPR and First Aid techniques that are commonly used in the field. Here are some refreshers to keep you focused, and remember, in the event of an emergency, the best thing to do is to STAY CALM.

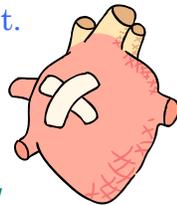
If the victim is conscious/responsive, interview the person on his or her condition and any chronic problems. If time permits, remember SAMPLE.

S	<i>Signs and symptoms (bleeding, aches)</i>
A	<i>Allergies</i>
M	<i>Medications</i>
P	<i>Past Illnesses (relating to the problem)</i>
L	<i>Last Oral Intake (food, drink)</i>
E	<i>Events leading to incident</i>

If the victim is not breathing, rescue breathing must be started immediately. Wayne continues to emphasize the importance of maintaining the blood flow by using CPR, and the media has highlighted this point through the “hands-only CPR”. However, Wayne has reminded us that CPR continues the blood flow throughout the body, and it is just as important to oxygenate the blood through mouth-to-mouth to prevent brain damage.



RESUSCITATION EFFORTS MUST START AT ONCE, which is why you cannot hesitate. Don't expect someone else to do it. YOU may be the only certified person in the room. Others may try to question your efforts, but stay confident in what you've been taught. Your hesitation can be the difference between life and death.



(Information from Survival Skills and the National Safety Council *First Aid and CPR*, 1997)

A	<i>Airway Open?</i>	*Clear blockages; Chin lift
B	<i>Breathing?</i>	*Look, Listen, and Feel
C	<i>Circulation?</i>	*Pulse – Side of Neck (Adult) or upper arm (Infant) *Bleeding *Skin Color – If not noticeable, observe nail beds, inside of mouth, and inner eyelids.
D	<i>Disability?</i>	*Do not move spinal injury victims. Assess injury by: 1) Check sensation by squeezing the victim's fingers and toes 2) Check movement by having the victim wiggle his/her fingers and toes 3) Have the victim perform a hand squeeze and foot push.

Save the Date!



Sunday, May 18, 2008

Commencement – Shrine Auditorium

Friday, May 23, 2008

The Secrets to Being a Front Desk Superstar
12:30 – 4:00 PM

WHO SAID IT?

This week, we have a quote from Aristotle, but YOU fill in the blanks. Email me your responses! I'm not looking for the correct answer, but the wittiest/funniest!

Are you up for the challenge? ☺



“We give up _____ in order that we may have _____, just as we go to _____ in order that we may have _____.”

~Aristotle