



# SAFETY ADVISOR

JUNE 2024 – WEEK 1

## June is National Safety Month !

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The month of June is busy. School is out, kids are home and more traveling and activities occur. For many of us, what used to be a slower time of the year, has become a busier and event-filled time. June is also a month for workplace safety promotion. While workplace safety is for every day of the year, June is a focused month on the multiple and complex sides to workplace safety. Our monthly Safety Advisor will be sent out all four weeks of June with a variety of workplace focus areas. This follows the National Safety Council's schedule for safety month. These weeks will highlight: Safety Engagement, Roadway Safety, Risk Reduction, and Slips, Trips and Falls. I encourage all staff to take ownership of working safely, inspiring your coworkers, leading by example in safe work behaviors during all day to day activities. The first week of June is also the American Heart Association's: CPR and AED week, recognizing the importance of these two key training areas in first aid.

Week 1: Safety Engagement / CPR & AED

Week 2: Roadway Safety

Week 3: Risk Reduction

Week 4: Slips, Trips and Falls



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## Week 1 Focus: Workplace Safety Engagement

Most companies meet at least a handful of basic safety requirements, such as maintaining fire extinguishers and displaying evacuation routes. While these are critical tools for keeping your people and property safe, they're only the beginning. Cultivating a strong safety culture in your organization means you can trust employees to follow procedures and keep safety in mind at all times. Workplace safety encompasses everything from making sure employees don't slip on wet floors to operating heavy machinery to preparing for hurricanes. Because these potential hazards involve such unique considerations—operating without accidents, injuries, and even bigger dangers requires more than a checklist of supplies and procedures.

An underlying part of safety performance is knowing that incidents can and will happen. The benefit of this awareness applies to all of your employees. Therefore, a clear set of procedures and a robust communication system will go a long way in protecting your people and company assets.

**Established Policies and procedures:** What seems obvious in retrospect can be hard to decide in the moment—especially under the pressure of a workplace emergency. Take guesswork and indecision out of the equation by establishing clear guidelines and procedures, then train your employees until following them is second nature. Clear expectations for any situation are a major first step in building a safety culture.

**Staff Safety Committees:** Establishing a safety committee made up of employees from all departments and levels, including top management. Allow them to provide input on the most common activities and potential dangers within their respective areas, and use that information to build relevant safety procedures. This regular feedback helps you avoid overlooking any potential dangers while encouraging buy-in across the organization.

*Information courtesy of AlertMedia*



American Heart Association

# CPR Guide



## HANDS-ONLY CPR VS. CPR WITH BREATHS

### HANDS-ONLY CPR



CALL 911



PUSH HARD AND FAST IN THE CENTER OF THE CHEST

Public awareness campaign to get more people to act when they encounter a cardiac arrest. Starting point to get more people to learn CPR.

**Will not meet requirements if you need CPR for your job.**

### CPR TRAINING



COMPRESSIONS + BREATHS

Offered through online or in-person classes. Provides more in-depth training with an instructor, including CPR with breaths and choking relief.

**Often necessary for people who need CPR training for work.**

## HOW DOES IT WORK?

**Chest compressions** are good for the first few minutes someone is in cardiac arrest pushing remaining oxygen through body to keep vital organs alive. Buys time until someone with more skills can provide help.

**CPR with breaths combines chest compressions and breaths**, providing additional oxygen to circulate throughout the body.

## WHO CAN I USE IT ON?

**Adult and teens.**

**Anyone who is in cardiac arrest, including:** adults and teens, infants and children, pregnant women and any victims of drowning, drug overdose, collapse due to breathing problems or prolonged cardiac arrest.

## HOW DO I LEARN?

Go to [heart.org/handsonlycpr](https://heart.org/handsonlycpr) to learn the steps of Hands-Only CPR.

Go to [heart.org/cpr](https://heart.org/cpr) and click on FIND A COURSE to find a class online or near you.



American Heart Association

# Hands-Only CPR Fact Sheet



## ♥ Why Learn Hands-Only CPR?

Cardiac arrest – an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia) and disrupts the flow of blood to the brain, lungs and other organs – is a leading cause of death. Each year, more than 350,000 EMS-assessed out-of-hospital cardiac arrests occur in the United States.

When a person has a cardiac arrest, survival depends on immediately receiving CPR from someone nearby.

According to the American Heart Association, about 90 percent of people who suffer out-of-hospital cardiac arrests die. CPR, especially if performed immediately, can double or triple a cardiac arrest victim's chance of survival.

## ♥ Be the Difference for Someone You Love

If you are called on to give CPR in an emergency, you will most likely be trying to save the life of someone you love: a child, a spouse, a parent or a friend.



Over **70 percent** of out-of-hospital cardiac arrests happen in homes.



**Only about 40%** of people who experience an out-of-hospital cardiac arrest receive the immediate help that they need before professional help arrives.

**Hands-Only CPR has been shown to be as effective in the first few minutes as conventional CPR for cardiac arrest at home, at work or in public.**

Hands-Only CPR has just two easy steps, performed in this order:



**1** Call 911 if you see a teen or adult suddenly collapse.



**2** Push hard and fast in the center of the chest to the beat of a familiar song that has 100 to 120 beats per minute.

## ♥ Call 911

The telecommunicator on the other end of the line can assist you while getting the emergency help you need on the way.

## ♥ Music Can Save Lives

Song examples include "Stayin' Alive" by the Bee Gees, "Crazy in Love" by Beyoncé featuring Jay-Z, "Hips Don't Lie" by Shakira or "Walk the Line" by Johnny Cash. People feel more confident performing Hands-Only CPR and are more likely to remember the correct rate when trained to the beat of a familiar song.

When performing CPR, you should push on the chest at a rate of 100 to 120 compressions per minute, which corresponds to the beat of the song examples above.

## ♥ Take 90 Seconds to Learn How to Save a Life

Watch the 90-second video. Visit [heart.org/handsonlycpr](http://heart.org/handsonlycpr) to watch the Hands-Only CPR instructional video and share it with the important people in your life. Hands-Only CPR is a natural introduction to CPR, and the AHA encourages everyone to learn conventional CPR as a next step. You can find a CPR class near you at [heart.org/CPR](http://heart.org/CPR).

*NOTE: The AHA still recommends CPR with compressions and breaths for infants and children and victims of drowning, drug overdose, or people who collapse due to breathing problems.*



CPR week is June 1-7 | To learn more, visit [heart.org/handsonlycpr](http://heart.org/handsonlycpr) | #CPRwithHeart

## ***Did You Know?***

*It is a common challenge to get employees and supervisors involved and supportive of safety. Safety engagement involves employees who will regularly choose to participate in a variety of training such as: First Aid, CPR, AED and other job specific training, seeing the value in their participation far past the “annual refresher.” These are people caring and investing in their coworkers as well as themselves. This mindset transfers from the workplace to home, family, and people you are around outside of work. It also involves the employer, who invests into an employee’s health, safety, working conditions and overall wellness.*



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See Department safety information at: <https://www.fdot.gov/safety>  
*Anonymously report hazards in your workplace: (850) 414-5255*

