Emergency!

**Know what to do**

Did you know?

- Someone is injured on the job every 20 seconds.
- Every hour someone dies at work.
- When a person stops breathing, or when the heart stops beating, brain damage can occur within 4 to 6 minutes.
- Every year nearly half a million Americans die because of heart attacks, usually within 2 hours of having an attack.

Because of these alarming realities, it’s important for you to know basic first aid. With a little first-aid training, you can provide valuable help in an emergency—and maybe even save a life—in such common workplace situations as:

- Wounds causing heavy bleeding
- Stopped breathing
- Choking
- Heart attack
- Heatstroke
- Burns

- Broken bones
- No pulse
- Shock
- Eye injuries
- Chemical poisoning

Throughout this newsletter, we cover first aid for various situations. But not everybody is cut out to deal with a medical emergency, and you should never try to do more than you feel comfortable doing. If you’re not able to give first aid, you can be the one who calls 911. Or who meets the emergency medical technicians (EMTs) at the door. Or who stays with the victim to give moral support until the EMTs arrive.

Indeed, when an emergency occurs, someone needs to get to the victim to see what’s happened. Someone needs to notify the supervisor. Someone may need to apply first aid. Someone may need to call 911 and stay on the line with the dispatcher. So know and follow your workplace emergency procedures. And participate in all workplace emergency drills.

Depression at Work

It’s common, costly—and treatable

See the quiz Are You Depressed? for the statistics on how depression can affect the workplace. The good news is that depression is also highly treatable—more than 80 percent can successfully overcome clinical depression—as long as sufferers seek treatment. So, if you think you (or a co-worker) may be depressed (see the article below for symptoms), take these steps:

• **Seek treatment**—and encourage others to do so. Some people are reluctant to speak up because they worry how such an admission will affect their career or that their insurance won’t cover treatment. But the earlier people seek help, the more quickly they can recover and resume normal life. Your employer may have an employee assistance program (EAP) that can help. Write your EAP officer’s name and phone here:

  Name: ___________________________________________
  Phone: ___________________________________________

• **Speak with your doctor** to get a complete diagnostic evaluation including onset, frequency, and severity of symptoms; family history; other medications you’re taking and possible side effects; and other relevant information.

• **Follow the prescribed treatment**, which may include antidepressant medications, psychotherapy, or alternative remedies such as St. John’s wort.

Are You Depressed?

**Answer these questions**

According to a report by the U.S. Substance Abuse and Mental Health Services Administration (SAMHSA - www.oas.samhsa.gov), almost 15 percent of adults over the age of 18 (31 million) have experienced a major depression episode (MDE) in their lives. In addition, the two age groups that had the highest rate of MDEs in the past year (more than 10 percent each) were those aged 18 to 25 and 35 to 49—people in the prime of their working lives. SAMHSA says that depression is one of the leading causes of disability, and may cost around $12 billion in lost workdays each year with another $11 billion lost because of decreased productivity from depression’s symptoms.

Use this checklist of symptoms from the National Institute of Mental Health (NIMH - www.nlm.nih.gov). Do you experience:

- □ Ongoing sad, anxious, or empty feelings?
- □ Feelings of hopelessness?
- □ Feelings of guilt, worthless, or helplessness?
- □ Irritability or restlessness?
- □ Loss of interest in activities or hobbies that were once enjoyable, including sex?
- □ Constant tiredness?
- □ Difficulty concentrating, remembering details, or making decisions?
- □ Difficulty going to or staying asleep?
- □ Sleeping all the time?
- □ Overeating or loss of appetite?
- □ Thoughts about or attempting suicide?
- □ Ongoing aches and pains, headaches, cramps, or digestive problems that do not go away?

If you experience these symptoms for more than 2 weeks, see the article above for how to get help.

---

NATIONAL SAFE BOATING WEEK

This annual event is **May 22–28** this year with a theme of “Wear It!” That means always wearing a life jacket when on the water. And having everyone on the boat wearing one, too.

Why?

Consider these statistics from the National Safe Boating Council. In one recent year:

- There were 685 boating fatalities.
- 476 (69%) died from drowning. — 427 (89%) of those who drowned were not wearing a life jacket.
- 137 died from trauma. — 85 (62%) who died from trauma were not wearing a life jacket.
- 18 died from hypothermia. — 11 (61%) of those who died from hypothermia were not wearing a life jacket.

Because of these fatalities, along with other accidents and injuries on the water, the United States Coast Guard regulates that “all persons under 13 years of age must wear a Coast Guard approved life jacket, while aboard recreational vessels underway, except when below decks or in an enclosed cabin. This rule affects only those states that have not established requirements, by statute or rule, for children to wear life jackets. For the remaining states, the rule recognizes and adopts the existing state regulation, even if it is less stringent.”

Find out more about life jackets, water safety, and this year’s National Safe Boating Week at http://www.safeboatingcampaign.com.