

WCFSA Meeting, June 19, 2015, 11:00am – Noon at Tampa Area Safety Council in Tampa

- Welcome by Patty Fernandez, Regional Manager – Tampa Area Safety Council, a Division of the United Safety Council.
- Speaker: Lorelei Ellis from Central FL Safety Training: Fire Rescue 30 years; ROTC/PE Major who took first aid and then became a volunteer Firefighter; teacher for the American Heart Association, which sets standards for training in First Aid/CPR to include instructor training; also an ASHE & mine safety instructor with clients that include Mosaic.

Introduction by attendees:

Rodney Allen	Russ Amend	Janine Bain
Brian Dean	Mathew Kepler	Patty Fernandez
Bia Martin	Ken Martin	Paul O’Byrne
John Smyth	Jim Ulseth	Scott Young
Joan Spencer		

Topic: CPR & AED

CPR has changed, there is now hands only CPR. The heart is the size of a fist. Valves are one directional, push down, blood out, let off, blood fills up. By pumping blood, it makes a circuit through the lungs gathering oxygen. The right side of the heart holds un-oxygenated blood that gets pumped to lungs. When someone stops breathing, they stop using oxygen but have it in their lungs and blood. With pumping, it is delivered to the body. You have 5 minutes residual storage. 5 minutes before brain cells begin to die off.

If lying on back, head tilts to chest, no air is getting through system. Place object under shoulders to tilt head back and open airway. Chest compression will also accept some air. Hands-only is not as effective as ventilation. People won’t do mouth to mouth due to the “yuk” factor, obstruction, or mouth injury. No case of blood borne pathogen transfer from CPR (CDC stat). Possible, yes, but it hasn’t happened yet according to reports.

Recorded time for hands only is 18 minutes – patient recovered without significant neurological deficits. Hands only lets more people participate in an event. 21% more people now survive.

There is a common myth that you can break the ribs. They do not break, but they will disconnect from sternum (cartilage separates). You can bruise the heart, but it will heal.

Target is 100 pumps per minute. It takes this to circulate oxygen around body at a good pace.

Ventilation: 21% oxygen intake, 16% expired (typically) to breath into victim.

AED – shock will stop the heart. (Fibrillation) Example: flickering light. Turn off, turn back on will continue to flicker, stay off, or work properly. Standard is to clear chest, can slide patch under bra straps. Move necklaces up to neck, out of the way. Pads go on right collar bone, left side under arm. For a hairy chest, if and AED is displayed in public, you need a razor as part of the kit. An AED can be used on infants per the American Heart Association. An AED only shocks ventricular fibrillation – not cardiac arrest. Do CPR first so there is oxygen in the heart so CPR will work. Machine gives instructions – after CPR – standard 2 minutes – then shock again. AED – in puddle more than 1 inch, drag them out of water before using AED.

Gloves, barrier device, (can use n95 mask), remove hair if necessary.

Find on ground, oxygenate first, and then call 911.

There were discussions that included the following:

Joan Spencer – **Revised Power Generation Standard:**

As discussed in the summary and explanation for §1926.953(h), the final rule defines “first aid training” to include CPR training. Therefore, in final §1926.951(b), OSHA replaced the proposed phrase “persons trained in first aid including cardiopulmonary resuscitation (CPR)” with “persons with first-aid training.” The Agency stresses that CPR training is required by this and other provisions in the final rule for first-aid training.

Session concluded @ Noon.

There was no business meeting.

Next Meeting:

11:00 AM, July 17, 2015 @ Lanier Upshaw in Lakeland, FL.

Speaker will be from the Polk County Sheriff’s Office

Topic: Identity Theft