

## TOOLBOX TALK #03

### YOU CAN SAVE A LIFE

The image of a professional football player receiving CPR on the field during a nationally televised game is etched into the minds of people across the country. When the player



went into cardiac arrest, the team medical staff performed CPR for nine minutes and used an AED to restart his heart. Experts say those actions saved his life. With some basic training, workers in any industry can save lives as well. It's important to know how to do *something*. You never know when you are going to need to use it. You're more likely to save a life if you do something other than just calling 911.

Research shows that 9 out of 10 people who suffer cardiac arrest outside of a hospital die – unless a bystander immediately performs CPR. Brain damage can start in 4 minutes and brain death can start in 8 – 10 minutes. An average EMS response time is 10 minutes or more.

So how can workers be prepared ... and willing to help if a medical emergency occurs on the job? There are a number of organizations that offer CPR/AED training courses (including the AGC of Greater Milwaukee) and can train workers onsite, increasing their skills and confidence. For instance, some people are concerned that they might break the victim's ribs during CPR compressions. But think about it ... a broken rib is better than the alternative (death) if not doing anything.

Some people may be unable or unwilling to provide rescue breaths to an unresponsive victim who's not breathing. For them, a simpler version of CPR called "hands-only CPR" or "compression-only CPR" can be helpful. Hands-only consists of chest compressions delivered at a rate of 100-120 a minute – the same beat as the classic Bee Gees song "Stayin' Alive".

If you call 911, line up your hands on their chest and push hard and fast, you can help save a life. It's not as hard or as complicated as a lot of people think.