

SCHOOL Safety Matters

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Monthly Safety Tips

Did you know?

Under Oregon law, we cannot require an injured worker to obtain treatment from a specific provider or type of provider. It is best to tell them they can choose where to go for treatment as long as the provider accepts Workers' Compensation. If they ask for suggestions, please have them contact Risk Management, (503) 591-4560.



Safety through healthy living

Exercising regularly, eating healthy foods and getting plenty of sleep all have recognized positive effects. They also have the benefit of helping us to better avoid hazards both at home and at work. These practices make us more aware, alert and more capable of keeping ourselves and others around us safe.



In February, we celebrate St. Valentine's Day. In this month's *School Safety Matters*, we give some love to the heart-saving device, the Automatic External Defibrillator (AED). The following are some best practice tips to get the most out of this valuable tool:



- ♥ Make sure all staff in your building are aware that an AED is available and where it is located.
- ♥ Verify that the unit is ready for use by checking the blinking green light. This should be done monthly by the building custodian and verified in the Safety Committee meeting.
- ♥ Have at least ten staff members trained in the use of your AED and post their names prominently on the case. Review this list annually and schedule additional training if necessary.
- ♥ Include the AED in your fire and evacuation drills by having an assigned staff member bring it outside.

Remember, if any of your students or staff should become unconscious or experience a life-threatening illness or injury, have the AED taken to them immediately! It is always better to have it and not need it than need it and not have it.

When to call 911

Any emergency that requires the use of the AED should also be combined with a 911 phone call. There is no charge to have emergency medical professionals respond and assess the situation.

911 should also be called if the answer to any of the following questions is 'yes':

- Is the person's condition life or limb threatened?
- Could their condition worsen and become life or limb threatening on the way to the hospital?
- Could moving them cause further injury?
- Are they in a location that makes it unsafe for them to be moved?
- Do they require the skills or equipment of paramedics or emergency medical technicians?
- Would distance or traffic conditions cause a delay in getting them to the hospital?

Make the right call, if it is potentially life-threatening, or you are in doubt, don't guess...call 911.

Please call Risk Management at ext. 4560 if we can help you with any safety question or if you have any safety tips that should be forwarded to the rest of the District.