

Helping the Injured Safely

If you witness a person get injured, what steps should you take? Here are some recommendations from the Red Cross and the American Heart Association:

Access the situation. Is it safe to enter the area? Does the person have any life-threatening injuries such as severe bleeding? Is the person unresponsive? Is anyone else nearby to help or call 911? If no one is around and the person is unresponsive, call 911. If the person is responsive, obtain consent to help and ask questions to gather more information.

Use appropriate PPE and conduct a head-to-toe visual check for signs of injury. Don't attempt to move the person.

Shout to get the person's attention and tap them on the shoulder if they are unresponsive. Start CPR if there is no pulse and/or the person isn't breathing. Learn more at cpr.heart.org and redcross.org.

Keep the person calm and quiet until help arrives if the injuries are severe.

Consider all blood spills infectious. To prevent the spread of bloodborne pathogens (infectious microorganisms in blood that can cause diseases such as AIDS) use appropriate PPE (e.g., gloves, mask). If the injury is minor, provide the injured with first aid and have the person bandage his or her own wound if they can.

Don't move a person who is impaled or try to remove the impaled object unless it's obstructing the person's airway. (If you remove an object, it may cause severe bleeding, which can be hard to control.) Keep the person and the object from moving while help is on the way.



Note: Due to production lead time, this issue may not reflect the current COVID-19 situation in some or all regions of the U.S. For the most up-to-date information visit coronavirus.gov.

(Not so) Good Vibrations

Vibrating handheld tools are a part of many people's workdays; however, they are the primary cause of **hand-arm vibration syndrome (HAVS)**. Symptoms include lingering finger numbness, finger blanching (known as white finger disease), shoulder pain, muscle weakness and fatigue, as well as more serious consequences, such as circulation problems, loss of grip strength and dexterity, severe pain and carpal tunnel syndrome. If you work with vibrating handheld tools (drills, chainsaws, jackhammers), reduce your risk of developing this syndrome by following this advice:

Substitute a manual tool or an ergonomically improved, low-vibration tool, if possible.

Keep your hand warm and dry when using the vibrating tools. (Low temperature reduces blood flow to your hands.)

Use appropriate safety gloves.

Grip the tools as lightly as possible and vary positions.

Schedule intermittent breaks to avoid constant, continued vibration exposure. **Suggested:** a 10-minute break after each hour of using the tools.

Ask your employer if job rotation is possible.

Seek medical attention if you experience any HAVS symptoms.



Drive Away Theft

According to the National Highway Traffic Safety Administration, a vehicle is stolen every 40.9 seconds in the U.S.

To prevent your vehicle from being stolen, follow these tips:

- Take your keys or key fob with you when you exit the vehicle.
- Don't leave your car unattended when it's running (even in your driveway).
- Park in well-lit areas and open, unblocked spaces.
- Lock all doors and close all windows when you leave your vehicle.
- Make it difficult to steal your vehicle by using audible and visible devices to protect your car. Horn alarms, steering wheel locks and flashing lights are just a few antitheft devices to consider.
- Think about installing a vehicle recovery system.

If your vehicle is stolen:

- Provide police with vehicle color, year, make and model; license plate number and Vehicle Identification Number (VIN).
- Contact your insurance company within 24 hours.



July is Vehicle Theft Prevention Month.

Wildfire: Evacuate

It's important to heed evacuation orders for wildfires.

While some people want to wait it out, it's a dangerous decision to stay behind. Leaving as soon as it's recommended is wisest, because if you wait until authorities order you, you could be caught in a deadly scramble and traffic.

Leaving early also helps firefighters keep roads clear of congestion so they can work more effectively. If you live in an area susceptible to wildfires, follow these important steps:

1. **Keep an emergency kit** in your vehicle.
2. **Create an evacuation checklist** and keep it handy. Include what to do inside your home (shutting windows and doors, removing highly flammable window treatments) and outside your home (turning off propane tanks, connecting garden hoses) in an evacuation. Learn more at [readyforwildfire.org](https://www.readyforwildfire.org).
3. **Locate your pets** and take them with you.
4. **Gather cover-ups** to protect against heat and flames. **For example:** Wear long pants, sturdy footwear, dry bandanas, goggles or glasses.
5. **Follow the escape routes** determined by the officials. Never take your own shortcuts.
6. **Don't return** until officials give the okay.



SAFETY CORNER

PORTABLE FAN Safety Checklist

Before you turn on that fan to cool off your room, do a quick inspection with this checklist:

- Are the blades clean?** Dust and dirt can build up over time. Make sure blades are free of debris before you turn on the fan.
- Is the guard on?** Ensure blades aren't exposed, especially if small children live or visit your home.
- Is the motor covered?**
- Is the cord in good condition?** Inspect the cord to make sure it isn't frayed or damaged. If the cord is damaged, don't use it, as it could cause a fire or electrocution.



SIM Swap Scam

Here's a scary scenario: Your cellphone just stops working, and then you get a message from your cell provider that your SIM card has been activated on another device. What's going on? And, what can you do?

The FTC warns that scammers can call your cellphone service provider stating that your phone was lost or damaged and ask your provider to activate a new SIM card that is connected to your phone on a new phone. Then, they can control your number and possibly open new accounts, access your data and even lock you out of accounts.

To be safe:

LIMIT the personal information you share online.

DON'T reply to calls, texts or emails that request personal information.

SET up a PIN or password on your cellular account.

USE strong authentication on accounts with sensitive personal or financial information, such as banks, credit cards or quick pay services.

If you're the target of a SIM swap scam, contact your cell service provider immediately and check your bank, credit card or any other financial accounts for unauthorized activity. If your sensitive information was compromised, visit [identitytheft.gov](https://www.identitytheft.gov) for instructions.



The **Smart Moves Toolkit** including this issue's printable download, **Cool Meals for Hot Days**, is at personalbest.com/extras/20V7tools.

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