

AED/CPR/First Aid/Bloodborne Pathogens *Keeping Yourself Safe While Helping Others*



Bloodborne Pathogens

According to OSHA, there are 220,000 cases of cardiac arrest per year in the United States, and of these, 10,000 cardiac arrests occur at work. Since sudden health problems can happen anywhere, you might be able to save a life if AED/CPR trained and certified.

Not all emergencies can be remedied by either the use of an AED or administering CPR. Alternate methods may require the use of first aid. If you are first aid trained and certified, the chances of positively impacting an emergency while waiting for first responders to arrive increases significantly. When administering first aid, remember to use universal precautions, such as wearing gloves, to protect yourself from blood or other bodily fluids.

Northwestern provides many resources in case of a medical emergency, including AEDs located throughout campus. If your department is interested, Risk Management Services can provide information on how to obtain AED, bloodborne pathogen, CPR, or first aid training.

Below are some tips on how to set yourself up for safety in the event of a medical emergency:

- **Preparation is key:** Know where your department's closest AEDs and first aid kits are located.
- **Keep safety in mind:** First aid kits must be fully stocked; the last thing you want in an emergency is to find an empty first aid kit. Remember to protect yourself by following universal precautions while administering first aid.
- **Get help:** Follow [Northwestern's procedures](#) for medical emergencies, which include calling NU Police, staying clear if you are not AED or CPR certified, and directing first responders to the scene.
- **Do your part:** Complete *Bloodborne Pathogen Exposure Prevention Training* at learn.northwestern.edu from February 27-April 27, 2017. In addition, if you want to learn more, we offer CPR, AED, and First Aid training sessions through Learn@Northwestern.



Robert Smith, engineer,
located his department's
nearest AED.

Tips for Success When Talking to Your Team

- **Preparation is Key:** With your team, discuss and locate your department's nearest first aid kit and AED.
- **Stay Positive:** Keep the focus on what can be done to create a safe workplace, instead of focusing on what has gone wrong in the past.
- **Share a Story, Ask for a Story:** Storytelling is a powerful method to convey information. Stories from your employees make the topic even more relatable. *Do you know of someone who has been saved by CPR, an AED, or first aid?*

Safety at Home – Strong Men and Women Put Their Heart Health First



February is American Heart Month. According to the CDC, heart disease is the leading cause of death in both men and women, with more than 600,000 deaths per year in the U.S. To protect you and your family, consider these safety tips:

- CPR and first aid classes are offered through the American Red Cross and have training locations all over Chicagoland. Visit the [Red Cross' website](#) for more information.
- For heart health and stroke information, visit the [American Heart Association's website](#). For questions on your own heart health, don't be afraid to talk to your doctor.
- You should have a first aid kit in rooms at home, such as the kitchen and a garage or basement workshop, and make sure to refill it after items are used.



For Additional Information

Please contact [Gwen Butler](#), Director of Environmental Health and Safety, at 847.491.4936 with any questions. Risk Management Services can be reached at 847.491.5610 or risk@northwestern.edu.