



# Safety Council News

Florida Association of Safety Councils - Newsletter - 11th Edition

The North Florida Safety Council serves Southeast Alabama, Southwest Georgia and North Florida. The North Florida Safety Council has offices located throughout North Florida. We are a member of the Florida Association of Safety Councils and American Association of Safety Councils.

Visit our Website at:  
[www.nflasafety.com](http://www.nflasafety.com)  
E-mail us at:  
[nflsc@earthlink.net](mailto:nflsc@earthlink.net)

Tallahassee & Georgia  
2003-B Apalachee Pkwy,  
Parkway Office Building  
Tallahassee, FL 32301  
850-877-5193 Ext. 22  
Fax: 850-877-8428

Marianna and Panama City  
1 800-858-4842  
850-482-5523  
Panama City  
850-784-4451

Pensacola & Ft. Walton Beach  
850-484-2858-Pensacola  
850-864-2523-Ft Walton Beach

Alabama and Georgia  
1888-905-8959

FASC provides a forum for Florida Safety Councils to examine and act on issues impacting driving, occupational and public safety.

FASC develops safety education programs available to member Councils individually or collectively.

Contact A Safety Council Near You!

September - October 2007 Take care! Safety is no accident!

## Florida's "Move Over Law"

Please Help Protect Those Who Protect You....

### Move Over!



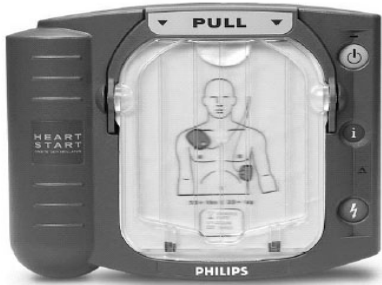
Drivers are now required to "move over" or "slow down" when approaching an authorized emergency vehicle that is stopped on a highway in Florida.

There are several important provisions concerning this new law. On interstate highways or other highways with two or more lanes traveling in the direction of the emergency vehicle, and except when otherwise directed by a law enforcement officer, drivers approaching a law enforcement or other authorized emergency vehicle parked on a roadway with their emergency lights activated, are required to vacate the lane closest to the emergency vehicle, as soon as it is safe to do so.

When approaching a law enforcement or other authorized emergency vehicle parked on a two-lane roadway with their emergency lights activated, and except when otherwise directed by a law enforcement officer, drivers are required to slow to a speed that is 20 miles per hour less than the posted speed limit when the posted speed limit is 25 miles per hour or greater; or travel at five miles per hour when the posted speed limit is 20 miles per hour or less.

The "Move Over Act", designed to protect law enforcement and other emergency workers on our highways. During the five-year period of 1996-2000, motorists in Florida crashed into working law enforcement vehicles that were stopped/parked along Florida roadways 1,793 times, resulting in five deaths and 419 injuries.

Florida's "Move Over Law"  
Automated External Defibrillators- Sudden Cardiac Arrest  
Auto/Home Security Alarm - Halloween Safety Tips and Training



# Automated External Defibrillator Sudden Cardiac Arrest

## Overview

In the time it takes you to read this information, sudden cardiac arrest will have claimed another victim. Statistics show that more than 200,000 Americans die of sudden cardiac arrest every year. Up to 50,000 of these deaths could have been prevented if someone had initiated the Cardiac Chain of Survival, and an **automated external defibrillator (AED)** had been available for immediate use at the time of the emergency.

### What is an AED program?

An AED program is a plan that can be developed in a workplace, school, or community environment, or in places where large groups of people gather.

### Who can be trained?

Organizations should consider whether the staff responsible for AED program oversight, and/or, management will consist of existing staff that already have safety as a part of their job description; or will staff need to be trained? If staff is trained, but safety is not a part of their job description, organizations will need to determine whether these individuals will have a responsibility to respond.

### What is sudden cardiac arrest (SCA)?

Sudden cardiac arrest cases are usually due to abnormal heart rhythms called arrhythmias, the vast majority of which are ventricular fibrillation. Ventricular fibrillation is a condition in which the heart's electrical impulses suddenly become chaotic, causing the heart to cease pumping blood effectively. Victims of SCA collapse and quickly lose consciousness, often without warning. Unless a normal heart rhythm is restored, death will follow within a matter of minutes.

The cause of sudden cardiac arrest is not well understood. Many victims have no history of heart disease, or if heart disease is present, it has not functionally impaired them. Unlike a heart attack, which is the death of muscle tissue from loss of blood supply, many victims of SCA have no prior symptoms. SCA can strike anyone, at any time, anywhere.

### How common is SCA and who is at risk?

SCA is one of the leading causes of death in the United States. It strikes more than 200,000 Americans each year: nearly one death every two minutes.

### What is the current treatment for sudden cardiac arrest?

The cardiac chain of survival is the current treatment for sudden cardiac arrest.

### What is the cardiac chain of survival?

The cardiac chain of survival is a series of four critical steps. All four steps of the chain must be present to help ensure survival from sudden cardiac arrest. The four steps are:

- Step one: Early access to care (calling 9-1-1 or another emergency number)

- Step two: Early cardiopulmonary resuscitation (CPR)
- Step three: Early defibrillation
- Step four: Early advanced cardiac life support, as needed

The third step, delivering an electrical shock to the heart, which is known as defibrillation, is recognized as the most critical step in restoring cardiac rhythm and resuscitating a victim of SCA.

### What is an automated external defibrillator (AED)?

An AED is a device about the size of a laptop computer that analyzes the heart's rhythm for any abnormalities and, if necessary, directs the rescuer to deliver an electrical shock to the victim. This shock, called defibrillation, may help the heart to reestablish an effective rhythm of its own.

### How does an AED work?

An AED is easy to operate. It uses voice prompts to instruct the rescuer. Once the machine is turned on, the rescuer will be prompted to apply two electrodes provided with the AED to the victim's chest. Once applied, the AED will begin to monitor the victim's heart rhythm. If a "shockable" rhythm is detected, the machine will charge itself and instruct the rescuer to stand clear of the victim and to press the shock button.

### If an AED is so easy to use, why do I need training?

Training is necessary in order to understand the role of defibrillation in the broader context of the cardiac chain of survival. Training in CPR and AED skills will enable the rescuer to use all the steps in the cardiac chain of survival, thereby significantly increasing the victim's chance of survival.

### How can I get trained in the use of an AED?

Contact your local Safety Council for a listing of training classes. Your Safety Council offers half-day courses that include CPR and AED skills and comprehensive, daylong sessions that also include first aid. These interactive courses are taught by certified instructors and use hands-on practice scenarios and videos that reflect a variety of situations. Each participant receives a skills card for use during in-class practice sessions. The skills cards can also aid in retaining skills after completing the course and serves as a quick reference tool in an emergency.

### Who can use an AED?

In most cases, EMTs and first responders (police and firefighters) are required to know how to use an AED as part of their job responsibilities. Furthermore, all 50 states now have AED Good Samaritan provisions that help protect laypersons. Contact your local or state emergency medical services ("EMS") department to find out about Good Samaritan protections that your state provides for users of AEDs.

### Where can I find AEDs?

AEDs can be found in corporate offices, shopping malls, airports, sports stadiums, schools, community centers, and other places where large groups of people gather and the risk of a sudden cardiac arrest incident is very likely. The number of devices in the community will continue to grow as more and more people begin to understand the importance of AEDs and AED training.

### Where can I buy an AED?

**Check with your Safety Council for special AED pricing and training for individual and business members.....**



We can do on-site First Aid and CPR Training for your company. Call us at 877-5193, Ext. 22 or toll free at 1-888-905-8959, Ext. 22!

## Auto/Home Security Alarm

Put your car keys beside your bed at night. If you hear a noise outside your home or someone trying to get in your house, just press the panic button for your car. The alarm will be set off, and the horn will continue to sound until either you turn it off or the car battery dies.

Next time you come home for the night and you start to put your keys away, think of this: It's a security alarm system that you probably already have and requires no installation. Test it. It will go off from most everywhere inside your house and will keep honking until your battery runs down or until you reset it with the button on the key fob chain. It works if you park in your driveway or garage.

If your car alarm goes off when someone is trying to break in your house, odds are the burglar or rapist won't stick around.... after a few seconds all the neighbors will be looking out their windows to see who is out there and sure enough the criminal won't want that.

And remember to carry your keys while walking to your car in a parking lot. The alarm can work the same way there.....



**Contact you local Safety Council  
for information on other safety  
and security related subjects...**

## Halloween Safety Tips

Children will be hitting the streets this Halloween in hopes of filling their pillowcases with sugarcoated treats. While the holiday is filled with fun for kids, parents are strongly cautioned to take certain safety measures to prevent injury or tragedy.

"Supervision is key," says Doug Gifford, President of the Florida Association of Safety Councils. "Predators may target unwatched children."

Your local Safety Council offers these safety tips for trick-or-treaters and their parents:

- Costumes should be bright and light enough to be clearly visible to motorists. Wearing reflective tape is a good idea.
- Costumes should be short enough to prevent tripping and falling. Costumes made of fire resistant material are ideal.
- Hats and masks should fit securely to prevent them from slipping over the eyes.
- Apply a cosmetic mask instead of a fitted one. They allow you to be more creative and are also safer.
- Always make sure an adult is supervising the children who are trick-or-treating.
- Children should only go to homes with the outside lights on, and should be reminded never to enter any stranger's home.
- Tell your children that all candy is to be inspected by you before they taste any.
- Remind children to walk on sidewalks, cross only at corners, and stay away from parked cars.
- Remove hazards from your own yard, steps, and porch to avoid children getting injured at your home.
- Place jack-o-lanterns and candles where they cannot be knocked over or reached by children.
- Carry a flashlight and use it.
- Consider having a Halloween party in place of trick-or-treating this year.

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**North Florida Safety Council**

**[www.nflasafety.com](http://www.nflasafety.com)**

**877-5193, Ext. 22**

## MISSION STATEMENT

The **Florida Association of Safety Councils (FASC)** members are private, not-for-profit, public service organizations.

The objective of the Safety Councils is to promote safety education for businesses, government, traffic, home and recreation. Our goal is to reduce accidents, injuries and deaths. The Florida Association of Safety Councils provides a forum for Safety Councils to examine and act on issues impacting Floridians on driving, safety and health issues.



FASC is affiliated with the **American Association of Safety Councils (AASC)**, an international association of independent safety councils.

The Florida Association of Safety Councils are proud members of the **Florida Trucking Association (FTA)** and the **Safety Management Council (SMC)**.

The *Safety Council News* is published six times a year to keep business and industry informed of the Florida Association of Safety Council's activities and safety and health news and developments. NOTE: The information herein was obtained from sources believed reliable and the Association has exercised reasonable care to assure its accuracy. However, the Florida Association of Safety Councils does not guarantee that the contents of the *Safety Council News* are correct and statements from other sources do not necessarily reflect the opinion or position of the Association.

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North Florida Safety Council  
2003B Apalachee Pkwy  
Tallahassee, FL 32301