

It's Class Time – Do You Know Where Your “AED” Is?

Could an emergency situation happen in my classroom? In a nearby hallway? In my office? I believe everyone **could** answer yes to those questions. No one is immune.

AED

Automated External Defibrillator



But, would it be a life-threatening situation? Yes, the possibility does exist in each of those places. Knowing what to do **CAN** save lives. You might think...all of the students in my class are young adults...nothing like this would happen to them...although rare, cardiac arrest can happen to young people. It has been documented that a large percentage of Americans are typically overweight and are not in the best cardiac health of their lives.

By the time some students reach college, they have fallen into this category. Also, can you say non-traditional student? And don't forget about co-workers. Many of us fall into the "cardiac" category. Sit back and take a minute to think about what you would do. Where is the closest Automated External

Defibrillator (AED) located? Would you know how to operate it? If not, have you thought about taking the training on its operation? We realize that not all people are "do-ers" but the members of the Safety Sub-Committee would ask that you at least formulate a plan of what you would do in a cardiac arrest situation and memorize it. Every second counts. There's no time to "look it up".

In an effort to help deal with these "situations", the NECC Safety Sub-Committee, in conjunction with the Maintenance department has placed AED stations in key areas around campus. These include: LLC (Lifelong Learning Center), Weller Building, Arlo Wirth Building (formerly UL/ERC), Cox Activities Center and the Ag Complex. You should familiarize yourself with the one closest to your location. The ongoing plan and mission of the Safety Sub-Committee is to have an AED station in each of the buildings on campus. The AED is an expensive item and purchases are being made as funding is

available. *Watch for information on upcoming training sessions on how to use the AED.*



The Safety Sub-Committee has developed an AED Plan that can be accessed on the NECC website. The plan can be reviewed by clicking on the link below:

http://www.northeastcollege.com/AN/General_Information/PDF/Safety/AED_program.pdf

Although it would be best for trained individuals to run the AED, most people wouldn't have a problem operating it. They are fairly simple to use and the AED will guide you through its use with voice prompts. If no trained individuals are present, you might be the one that needs to run it. Get trained on its use. It won't be a waste of time. If you're afraid of liability, read the statements below.



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.

The liability statement below is taken from the NECC AED Plan.

6.0 Liability

Except for the action or omission of a health care professional acting in such capacity or in a health care facility, no person who delivers emergency care or treatment using an automated external defibrillator shall be liable in any civil action to respond in damages as a result of his or her acts of commission or omission arising out of and in the course of rendering such care or treatment in good faith. Nothing in this section shall be deemed to grant immunity for any willful, wanton, or grossly negligent acts of commission or omission or limit the immunity provisions for certain health care professionals as provided in Neb. Rev. Stat. Section 71-5194.

Reference: <http://www.redcross.org/services/hss/courses/aed.html#who>

Reference: <http://www.amazon.com/Philips-HeartStart-Home-Defibrillator-AED/dp/B00064CED6>

Reference: <http://www.bmj.com/cgi/content/full/327/7425/1216>

Tornado Awareness



Each year about a thousand tornados touch down in the U.S. Only a small percentage actually strike occupied buildings, but every year a number of people are killed or injured. The chances that a tornado will strike a building that you are in are very small, however, you can greatly reduce the chance of injury by doing a few simple things. One of the most important things you

can do to prevent being injured in a tornado is to be **ALERT** to the onset of severe weather. Most deaths and injuries happen to people who are unaware and uninformed. Young children or the mentally challenged may not recognize a dangerous situation. Those who ignore the weather because of indifference or overconfidence may not perceive the danger.

Stay aware and you will stay alive. If you don't regularly watch or listen to the weather report, but strange clouds start moving in and the weather begins to look stormy, turn to the local radio or television station to get the weather forecast.



If a tornado "**watch**" is issued for your area, it means that a tornado is "possible."

If a tornado "**warning**" is issued, it means that a tornado has actually been spotted, or is strongly indicated on radar, and it is time to go to a safe shelter immediately.

Be alert to what is happening outside as well. Here are some of the things that people describe when they tell about a tornado experience:

- A sickly greenish or greenish black color to the sky.
- If there is a watch or warning posted, then the fall of hail should be considered as a real danger sign. Hail can be common in some areas, however, and usually has no tornadic activity along with it.
- A strange quiet that occurs within or shortly after the thunderstorm.
- Clouds moving by very fast, especially in a rotating pattern or converging toward one area of the sky.
- A sound a little like a waterfall or rushing air at first, but turning into a roar as it comes closer. The sound of a tornado has been likened to that of both railroad trains and jets.
- Debris dropping from the sky.
- An obvious "funnel-shaped" cloud that is rotating, or debris such as branches or leaves being pulled upwards, even if no funnel cloud is visible.

If you see a tornado and it is not moving to the right or to the left relative to trees or power poles in the distance, it may be moving towards you! Remember that although tornadoes usually move from southwest to northeast, they also move towards the east, the southeast, the north, and even northwest.

Leave auditoriums, gyms, and other free-span rooms, exiting in an orderly fashion. Go to interior rooms and halls on the lowest floor, but avoid halls that open to the outside in any direction. If there are



no interior hallways, avoid those that open to the southwest, south, or west, since that is the usually the direction the tornado will come. Stay away from glass, both in windows and doors. Crouch down, and make as small a "target" as possible. If you have something to cover your head, do so, otherwise, use your hands. **Don't assume that there will always be someone there to tell you what to do—you may have to make the decision by yourself.**

Peak time for tornadoes to strike varies from region to region. In Nebraska and other northern states, peak hours are from 3 to 7 PM, just at the end of the school day, but including the hours of after-school activities. Peak months range from April thru June.

How is Tornado damage rated? The rating relates the degree of damage to the intensity of the wind:

- F0- Gale Tornado 40 to 72 MPH
- F1 Moderate Tornado 73-112 MPH
- F2 Significant Tornado 113-157 MPH
- F3 Severe Tornado 158-206 MPH
- F4 Devastating Tornado 207-260 MPH
- F5 Incredible Tornado 261- 318 MPH

Tornado Myths

- Windows do not equalize the pressure and minimize damage.
- Areas near rivers, lakes and mountains are not safe from tornadoes or tornadic activity.
- The low pressure with a tornado does not cause buildings to explode as the tornado passes overhead.

Reference: <http://www.mesoscale.ws/pictures/tornadic/>

Reference:

http://minneapolis.about.com/gi/dynamic/offsite.htm?zi=1/XJ&sdn=minneapolis&cdn=citiestowns&tm=161&gps=58_1713_1012_612&f=10&u=p529.3.152.ip_p554.2.150.ip_p284.5.420.ip_p531.20.420.ip_&tt=2&bt=0&bts=0&zu=http%3A/tornadoproject.com/safety/safety.htm%23to p

Lightning Awareness

With severe weather also comes the threat of deadly lightning. Many people do not realize the dangers of lightning. There are several ways to help prepare yourself for an upcoming thunderstorm and threat of lightning striking:

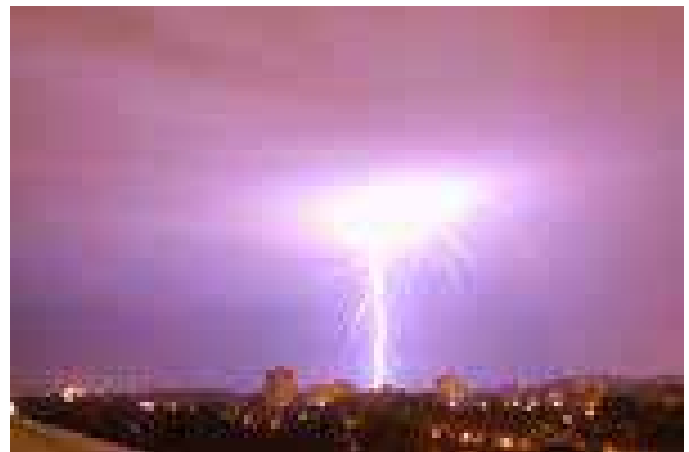
- Keep a watchful eye to the sky
- Listen to NOAA Weather Radio or local radio or television for current forecasts
- Watch for lightning flashes



Lightning is the result of the build up and discharge of electrical energy. If you can see lightning or hear thunder you could be in the danger. You can tell how close you are to a lightning strike by counting the seconds between seeing the flash and hearing thunder. For every five seconds you count, the lightning is one mile away. If you can see a flash and instantly hear thunder, the lightning strike is very close and you should seek shelter immediately.

A few things to remember if you are caught outdoors to help reduce the risk of being struck by lightning:

- Drop metal objects: i.e. golf clubs or umbrellas
- Get off bikes or motorcycles
- If above tree lines, descend to lower ground
- If you are caught in open areas, crouch with feet together and head low
- Don't sit or lie on the ground since this provides a wider path for lightning to follow



Reference: <http://www.labsafety.com/refinfo/ezfacts/ezf319.htm>

Reference: <http://www.skyflashes.com/>