



Randy Georges

### Heart Attack and Cardiac Arrest Do you know the difference?

**A Heart Attack** is when a blocked artery prevents oxygen-rich blood from reaching a section of the heart. If the blocked artery is not reopened quickly, the part of the heart normally nourished by that artery begins to die. The longer a person goes without help the greater the damage.

**Cardiac Arrest** is triggered by an electrical malfunction in the heart that causes an irregular heartbeat. The heart cannot pump blood to the brain, lungs or other organs. Seconds later, a person loses consciousness and has no pulse. Death occurs within minutes if the victim does not receive treatment.

**What is round and really violent?**  
A vicious circle

**What did one campfire say to another?** Should we go out one of these nights!?

### Back to School - School Zone Safety Tips

- Observe speed limits at all times, but especially around children. When driving in school zones, near playgrounds, or in neighborhoods where children might be playing, anticipate that a child may dart out into the roadway.
- When turning left at a green light or making a right turn on red, look for children crossing the street.
- While picking up kids, do not stop or park in the crosswalk.
- A school bus's red flashing lights and extended stop arms indicate that it has stopped and that children are getting on or off. As you approach a stopped school bus from either direction, wait until the red lights stop flashing before proceeding. On undivided roadways with no physical barrier or median, stop on both sides of the roadway.
- Avoid using a cell phone close to school zones. If you are texting, talking or making a call, it affects your ability to react quickly.

### Randy's Story

Eighteen-year-old Randy Georges never dreamed how his life would change on that day in 2002. He had just started a new part-time job at a popular restaurant where he worked in the kitchen.

Randy was asked to pour cooking oil through a filter in order to clean it, something he hadn't done before. Before starting to pour the oil he asked for a safety apron and gloves but was told they weren't necessary.

Unfortunately the boiling oil spilled and splashed all over him. He suffered third degree burns on his neck, chest, hands, stomach, groin and feet. He still suffers pain today as a result of this incident.

Randy's injury was completely preventable. He didn't know at the time that he had the right to refuse unsafe work. It is Randy's hope that all young workers know their rights so that no one ever has to learn a painful lesson like he did.

### **Here are 5 Common Causes of Accidents and Injury**

**-Being Over-Confident:** Confidence is a good thing. Overconfidence or Complacency can get you hurt. Avoid the *'it'll never happen to me'* attitude and work safely.

**-Taking Shortcuts:** Every day we make decisions that we hope will save time or money. But be careful, some time savers may actually increase the risk and some *Injuries Can Last a Lifetime!*

**-Ignoring Safety Procedures:** Disregarding safety procedures puts you or your team members at RISK! It also violates company policy and puts your job at risk. You get paid to follow the rules... *it makes good sense to comply!*

**-Mental Distractions from Work:** Maintain your focus on the task at hand! And, if you are interrupted in the middle of a task, be careful before resuming the work. Take a safety minute before jumping back into it. Verify that all the safeguards and required steps have been implemented.

**-Failure to Pre-Plan the Work:** One effective tool for figuring out how to perform a task safely and effectively is to complete a Job Safety Analysis. Think through the process, step-by-step, before you start -- *Plan Your Work and then Work Your Plan.*