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Safety Solutions

October is Sudden Cardiac Arrest Awareness Month

by Eric Tofte, Director of Training, ESC

Sudden Cardiac Arrest (SCA) occurs when ventricular fibrillation takes place or when the heart stops beating altogether. Without medical attention, the victim collapses, loses consciousness, becomes unresponsive, and dies. Many victims may have no prior history of heart disease and are stricken without warning. SCA affects a great deal of people throughout the year. Automated External Defibrillators (AED's) can and do save lives; of course healthy living may also help.

Studies have shown that victims of SCA who are treated immediately with CPR and AEDs until emergency medical help arrives have a much greater chance of survival. Onsite AEDs save precious treatment time, and can improve survival odds from 5% to 60%.

According to OSHA employers should make AED's available to employees as:

- There are 220,000 victims of sudden cardiac arrest per year in the United States; about 10,000 sudden cardiac arrests occur at work.
- Most cardiac arrest deaths occur outside the hospital. Current out-of-hospital survival rates are 5% to 7%.
- In 1999 and 2000, 815 of 6,339 workplace fatalities reported to OSHA were caused by cardiac arrest.
- Jobs with shift work, high stress, and exposure to certain chemicals and electrical hazards increase the risks of heart disease and cardiac arrest.

If you have severe coronary heart disease (CHD), you're at increased risk for SCA. Following a healthy lifestyle can help you lower your risk for CHD, SCA, and other heart problems according to the National Institute of Health (NIH).

Some of their tips include:

- A healthy diet is an important part of a healthy lifestyle.
- Aim for a healthy weight—lose weight if you're overweight or obese. Be as physically active as you can (be sure to check with your doctor before starting or increasing physical activity if you have any concerns or chronic conditions).
- Quitting smoking. Talk to your doctor about programs and products that can help you quit. Also, try to avoid secondhand smoke.
- Treat other health problems, such as high blood pressure, high blood cholesterol, and diabetes.

The bottom line is that we can do the best we can, but anyone can become a victim of SCA, no matter your age and we could be that one, or the one that is near the person that has a SCA. We all need to learn what to do in this event so please consider taking a First Aid/CPR/AED class, it could save a life.





Did you know ... About 69 million US adults have a **heart age that is 5 or more years older** than their actual age, according to the CDC. About 3 in 4 heart attacks and strokes are due to risk factors that increase heart age.

Party Tips to Help Your Guests Get Home Safely

By Tom Odegaard, President/Executive Director ESC

Almost any excuse works for people to party.

Whether it's a "Seahawk party", "Block party", "Family gathering", or "Holiday party", most of us just plain like to get together and have a party.

Hosting a party can be as fun as the event itself, but every responsible host knows that it's only a great time if every guest gets home safely. Here are some tips to help you throw an entertaining and safe party:

Whether it's a home or business party, and you are serving alcohol:

- Make sure the party is voluntary.
- Do not push alcoholic drinks! Drinking at a party is not mandatory for having a good time
- Make sure you have non-alcoholic beverages or mocktails for those who do not wish to drink alcohol and for designated drivers.
- Use professional bartenders, and instruct them not to serve alcohol to anyone who appears intoxicated or is under 21.
- Distribute beverage tickets to limit the number of free drinks.
- Provide plenty of food to keep your guests from drinking on an empty stomach .
- Make sure guests have alternate transportation home (taxi, designated driver, etc.).

Other general tips that can help make your party fun & safe:

- Plan activities like party games or door prize drawings that do not involve alcohol and engage people, resulting in a lower consumption of alcohol.
- Avoid too many salty snacks, which tend to make people thirsty and drink more.
- If, despite your efforts, some of your guests have had too much to drink, *never let them drive home impaired*. Have the number of a taxi service or a rideshare app on hand for guests.
- Have fun—but remember—to be a good host, you should stay within your limits in order to make sure your guests stay within theirs.



Tie One On For Safety

In fatal crashes in 2011, the highest percentage of drunk drivers was for drivers ages 21 to 24 (32 %), followed by ages 25 to 34 (30 %) and 35 to 44 (24 %).

Add in that some of the most dangerous days of the year on our nation's roadways are between Thanksgiving and New Year's Day. That is why every holiday season MADD (Mothers Against Drunk Driving) asks you to display a MADD red ribbon in a visible location to remind others to always designate a non-drinking driver.

Founded by a mother whose daughter was killed by a drunk driver, Mothers Against Drunk Driving (MADD) is the nation's largest nonprofit working to protect families from drunk driving, drugged driving, and underage drinking.

Started in 1986, *Tie One On For Safety* is MADD's longest running and most visible public awareness project. The name comes from the slang phrase for drinking "tie one on." MADD uses the phrase to remind everyone that drinking and driving don't mix.

This holiday season, participate in *Tie One On For Safety* and show your commitment to eliminating drunk driving by:

- Putting safety before the party and always designate a non-drinking driver BEFORE the celebration begins to ensure everyone arrives home safely.
- Display a MADD red ribbon in a visible location on your vehicles. Red ribbons, magnets and window decals (donated by Smart-Sign) are available through local MADD affiliates.
- Hosting parties responsibly by offering mocktails and other non-alcoholic beverages, and by providing alternate transportation or accommodations for guests who have been drinking and read through all the tips in the article to the left.

SAFETY STATISTICS

Since the mid-1990s, alcohol-impaired driving has been involved in nearly one-third of all fatal crashes. The **annual cost of alcohol-related crashes** is more than **59 billion dollars**.

The percentage of **teens** in high school who reported they **drink and drive** has decreased by more than half since 1991. Still, **one in ten teens drinks and drives**.

1 in 10

National Teen Driver Safety Week Kicks off October 18

By Tom Odegard, President/Executive Director ESC

Motor vehicle crashes are the leading cause of death for 14-18 year olds in the US. In 2013, there were 2,614 teen (15-19 year old) passenger vehicle drivers involved in fatal crashes and an estimated 130,000 were injured.

Join Evergreen Safety Council and the National Highway Traffic Safety Administration (NHTSA) in recognizing Teen Driver Safety Week this October 18th - 24th.

This year's Teen Driver Safety Week theme is "5 to Drive" and addresses the five most dangerous and deadly behaviors for teen drivers. Those dangers include alcohol, seat belts, texting, speeding, and extra passengers.

Know a teen who is driving or getting ready to drive? Teen Driver Safety Week is a great time to start a conversation about driving safety, but be sure to continue the conversation often.

Did you know? Evergreen Safety Council is proud to offer teen driving courses through our **Evergreen Driving School**.

We've put together a safety inspired, teen-centric training program that meets all of the Washington State Department of Licensing requirements.

With over 80 years of training, the Evergreen Safety Council has helped thousands of students bring out their best while keeping safety in mind.

TEEN DRIVER SAFETY WEEK



The "5 to Drive" rules are:

- 1. No Drinking and Driving.** Almost one out of five (19 percent) of the young drivers (15 to 19 years old) involved in fatal crashes had been drinking, even though they were too young to legally buy or possess alcohol.
- 2. Buckle Up. Every Trip. Every Time.**
Front Seat and Back. 64 percent of all the young (13- to 19-year-old) passengers of teen (15- to 19-year-old) drivers who died in motor vehicle crashes in 2013 weren't restrained.
- 3. Put It Down.**
One Text or Call Could Wreck It All. The age group of 15 to 19 years old has the highest percentage of drivers who were distracted by cell phone use and involved in a fatal crash. In 2013, 156 people were killed in crashes that involved a distracted teen driver.
- 4. Stop Speeding Before It Stops You.** In 2013, almost one-third (29 percent) of teen drivers involved in a fatal crash were speeding.
- 5. No More Than One Passenger at a Time.** The risk of a fatal crash goes up with each additional passenger.

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3	Traffic Control Supervisor Recertification -Kirkland, WA
7-9	Flagger Instructor Certification - Kirkland, WA
8-9	Root Cause Analysis Level 1 – Kirkland, WA
9	Flagger Instructor Recertification – Kirkland, WA
10	Root Cause Analysis Level 2 – Kirkland, WA
11	Flagger Certification – Kirkland, WA
16-17	Forklift Instructor Training - Renton, WA
18	Forklift Operator Training – Renton, WA