

THE PORCELAIN PRESS

November 2011 - Weeks 3 & 4

Special Points of Interest:

If you ride your bike in Chicago, you better not be texting at the same time. The City Council recently passed an ordinance prohibiting bicyclists from texting while moving. They also cannot make cell phone calls unless using a hands-free device under this same ordinance.

Duplex Printing

All Fermilab central print servers default to double-sided printing. Check your areas to be sure printers that are not on the central server are also set for double-sided printing.

ES&H Concern or Suggestion?

Talk to your Supervisor, SSO or go to the ES&H homepage & click on 'Concerns & Suggestions'.

Automatic External Defibrillators

The use of Automatic External Defibrillators (AEDs) can increase survivability by 31 percent, compared to a 6 percent survival rate through use of CPR alone. Science has established that the heart goes into fibrillation in response to an electric shock resulting in a disorganized quivering of the heart muscle. It's the lack of effective blood flow in this rhythm that kills. This electrical link was first discovered by Danish naturalist Soren Abildgaard, who observed in 1775 that electric current can render chickens lifeless.

It was later discovered that advanced heart disease can induce the same fatal rhythm as electrical shock. It is estimated that there are 160,000 hospital deaths attributed to ventricular fibrillation annually in the U.S.

Defibrillators were invented as a way to restore the normal rhythm of the heart, and by 2004 the Food and Drug Administration had allowed the purchase of AEDs without a prescription. Modern AED units are extremely safe and use verbal prompts to talk the user through the process of placing the two pads, analysis and shock. The last two steps are automated, so no one should be afraid to use these devices. The unit will not discharge unless the appropriate rhythm is sensed. Illinois law requires that along with AED placement, likely users of that AED should be trained in CPR. This is merely insuring the best chances of survival. The lab has been offering CPR training for many years.

Federal and state "Good Samaritan" laws protect those using the units appropriately. So back to Abildgaard, there is no need for you, a loved one or a coworker to be a chicken.



Emergency Contact Information

Update your emergency contact information. Please be sure the Communications Center has the most up to date contact information for you including the names and numbers of those who should be contacted in the event of an emergency. This is a critical step to take to ensure that the right people are notified in a timely manner. You can update your information on line, go to the Accounting Department website and click on the link for Employee Self Service on the right side of the page.

Bicycle/Pedestrian Safety at Night

As the days shorten, we can avoid unexpected encounters while traveling in the dark by adhering to a few simple principles:

- **Maintain separation** - Where available, use designated paths for walking, jogging or biking. Stay well to the right when using those paths or trails.
- **See** - Make sure you have adequate lighting on your bicycle or person to avoid hitting stationary objects or colliding with another person, and keep an eye on the road.
- **Be seen** - Wear brightly colored/reflective clothing. Use lights and reflectors.
- **Behave predictably** - You are less likely to collide with another person when you move as people expect.

