



What's Inside

Page One

Every Second Counts
Tick Tips

Page Two

Wheels in Motion
Plug into Electrical Safety
Be Safe, Be Seen

In an Emergency, Every Second Counts



Riccardo Airo demonstrates CPR and the use of an AED on a training mannequin.

Emergencies happen without warning and being prepared may be the difference between life and death.

Seventy percent of cardiac arrests occur in the home, yet only 46 percent of people who experience an out-of-hospital cardiac arrest get the immediate help they need before professional help arrives, according to the American Heart Association.

"I personally think that it is important for everyone to know CPR and basic first aid," said Riccardo Airo, an EHS Safety Advisor and certified American Heart Association Basic Life Support Instructor. "This is a skill that you may need to use at work or at home."

An American Heart Association Heartsaver Adult & Child CPR/AED/First Aid training course is available monthly in the lower level training room at 135 College Street. Currently, the course is offered at no charge to Yale faculty, staff and students and trainees who complete the course will be certified as an American Heart Association Heartsaver for two years.

The course focuses on when and how to administer CPR and the proper use of an automated external defibrillator (AED), a portable device that checks the heart rhythm and sends an electrical shock to restore the heart to a normal rhythm. There are over 100 AEDs available for use during an emergency around the Yale campus.

In addition to teaching CPR and AED use, the course also covers basic first aid including splinting, managing minor bleeding, extreme temperature situations and poison control.

Visit yale.edu/training and search for "CPR/AED/First Aid Training" to register for an upcoming training session.

Be Prepared
Over 350,000 out-of-hospital cardiac arrests occur in the United States each year.

'Tis the Season for Ticks



While it is important to take precautions and be aware of ticks year-round, it is especially important in the warmer months, when ticks are most active.

Preventing Tick Bites

- Avoid wooded and brushy areas with high grass and leaf litter.
- Use repellents that contain 20 to 30 percent DEET on exposed skin and clothing for protection that lasts up to several hours.
- Bathe or shower as soon as possible after coming indoors to wash off and more easily find ticks.
- Conduct a full-body tick check using a hand-held or full-length mirror to view all parts of your body upon return from tick-infested areas. Remember to also check your pets for ticks.

Removing a Tick

- Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
- Pull upward with steady, even pressure. Don't twist or jerk the tick, which can cause its mouth parts to break off and remain in the skin. If this happens, remove the mouth parts with tweezers.
- After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, an iodine scrub or soap and water.
- Dispose of a live tick by submersing it in alcohol, placing it in a sealed bag or container, wrapping it tightly in tape or flushing it down the toilet. Never crush a tick with your fingers.

Symptoms of Tickborne Illness

- Symptoms include fever, headache, fatigue and muscle aches. With Lyme disease, you may also experience joint pain.
- Rashes can develop within days or up to a month after being bitten and can be distinctive shapes based on the illness.
- Early detection and treatment is important. Contact your clinician immediately if you have been bitten by a tick.

Source: Centers for Disease Control and Prevention

Wheels in Motion



May is New Haven Bike Month, a celebration of bike culture in New Haven. The month-long event is intended to build “towards a vision where every person in every neighborhood feels safe, excited and empowered to ride their bikes.”

The event, held in collaboration with the City of New Haven and a host of dedicated community partners, features daily events including open street festivals, social rides, repair clinics, a bike donation drive and many more.

A Bike-to-Work Breakfast, which takes place every Friday morning during the month of May, allows bikers to stop at a designated location on their way to work for free coffee and breakfast.

To learn more about New Haven Bike month, see a calendar of activities and find ways to get involved, visit newhavenbikemonth.com.

Organizers are also holding a campaign during New Haven Bike Month titled “4 Lanes 4 New Haven,” with the goal of having the City of New Haven build four protected bike lanes by the year 2020. The campaign represents a collaborative effort by New Haven neighbors, youth, elected officials and business owners to build four protected bike lanes along key corridors in order to create a connected city where people feel safe to ride their bikes.

Visit newhavenbikemonth.com/2016/4lanes to sign the petition and join the campaign. Click [here](#) to register for an upcoming Bicycle Safety Training course.



Pedestrian Safety App Helps You Be Safe, Be Seen



PedSafe

PedSafe, a free pedestrian safety app, allows you to be more visible to drivers while crossing the street in the dark. When in use, the app generates an amber random strobe pattern on your phone, which you can display in the direction of oncoming traffic. The flashing light on your phone’s screen is visible from three to five blocks (1,000 feet) away.

You simply open the app and tap the screen when you are ready to enter the crosswalk and close the app to turn it off when you have safely crossed. The app also prevents you from texting while in use so you can concentrate on crossing safely.

PedSafe was created by a former fire chief and former public works supervisor. It is available for free download for iOS and Android devices. For more information, visit pedsafe.net.

Along with the app, use the following ‘good sense’ rules when walking:

- Cross the street at marked crosswalks.
- Stop and look for traffic in all directions before crossing the street.
- Pay attention to the “Walk” signals—never cross on a solid or flashing “Don’t Walk.”
- Walk facing traffic when there are no sidewalks.
- Walk, don’t run. Running or darting into the street increases the danger that motorists will not see you or will not be able to stop in time.
- When using headphones, keep the volume low enough to be able to hear surrounding traffic.

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“Safety doesn’t slow the job down, but mishaps do.”

Plug into Electrical Safety

Each May, The Electrical Safety Foundation International (ESFI) commemorates National Electrical Safety Month to raise awareness about critical electrical safety topics.



An average of nearly 48,000 home structure fires occur each year due to electrical failure or malfunction, claiming nearly 400 lives, injuring more than 1,500 people and causing more than \$1.4 billion in property damage,

according to the National Fire Protection Association.

Many of these accidents and injuries are preventable by adhering to some basic safety principles and guidelines.

Overloaded Circuits

- Do not use extension cords or multi-outlet converters for appliances. All major appliances should be plugged directly into a wall receptacle outlet.
- Look for flickering, blinking or dimming lights, warm or discolored wall plates or any sort of smell or buzzing noise coming from your outlets or switches. If you notice any of the above, contact a licensed electrician.

Extension Cords

- Do not plug extension cords into each other.
- Ensure extension cords are properly rated for their intended use, indoor or outdoor, and meet or exceed the power needs of the device being used.
- Inspect cords for damage before use. Check for cracked or frayed sockets, loose or bare wires and loose connections.
- Do not run extension cords through walls, doorways, ceilings or floors. If a cord is covered, heat cannot escape, which may result in a fire hazard .

Do It Yourself Safety Tips

It is recommended that you hire a licensed electrician to perform electrical work in your home. However, if you plan to do the work yourself, consider the following safety tips:

- Make an effort to learn about your home electrical system so you can safely navigate and maintain it.
- Never attempt a project that is beyond your skill level. Knowing when to call a professional may help prevent electrical fires, injuries and fatalities.
- Always turn off the power to the circuit that you plan to work on by switching off the circuit breaker in the main service panel.
- Unplug lamps or appliances before starting work.
- Test the wires before you touch them to make sure that the power has been turned off.
- Never touch plumbing or gas pipes when performing a do-it-yourself electrical project.

Source: The Electrical Safety Foundation International