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**Kidde Fire Extinguisher Recall.** According to the U.S. Consumer Product Safety Commission ([CPSC](#)), on Nov. 2, 2017, [Kidde](#) announced a [recall](#) of almost 38 million fire extinguishers sold in the United States. They may not work during a fire emergency if they become clogged and require a lot of force to use. Also, the nozzle can come off with enough force to strike and hurt someone. Kidde recommends owners immediately replace these fire extinguishers. The company is aware of one death when emergency responders couldn't get the recalled extinguishers to work. There have been almost 400 reports of problems related to these Kidde fire extinguishers. Click [HERE](#) for information on specific model numbers involved with this recall. Kidde will replace recalled extinguishers for free. You can also contact Kidde directly at 855-271-0773 or online at [www.kidde.com](#) and click on "[Product Safety Recall](#)" for more information.

**Teaching Digital Citizenship.** Digital Citizenship is a concept which helps teachers, technology leaders and parents to understand what students, children, and technology users should know to use technology appropriately. Digital citizenship are the norms of appropriate, responsible technology use. [NetSmartz](#) workshops, a program of the National Center for Missing and Exploited Children ([NCMEC](#)), has released a new online educator program called Teaching Digital Citizenship. This self-paced, online professional development course guide educators through the risks children face online, key lessons to teach, and which NetSmartz resources can be used to best teach digital citizenship at any grade. The training takes about 1-hour and covers the issues of Digital literacy & Ethics, Inappropriate Content, Online Sexual Solicitation, Online Privacy, Sexting and Cyberbullying. Click [HERE](#) for more information about this course and how to register.

**Winter Driving Tips.** Like it or not, winter is coming and preparing to drive in adverse conditions is important. Additional preparations can help make a trip safer, or help staff deal with an emergency. It is important to remember the "Three P's of Safe Winter Driving"; [Prepare](#) for the trip, Protect yourself and Prevent crashes on the road. To stay safe and on the road during inclement weather, experts advise keeping vehicles in top condition with frequent [safety checks](#). The National Highway Traffic Safety Administration ([NHTSA](#)) reports that "failure to keep in proper lane or running off the road" and "driving too fast for conditions" are the two most frequent driver behaviors causing winter accidents. The NHTSA urges drivers to: check your battery, check your cooling system, fill your windshield washer reservoir, check windshield wipers and defrosters, check floor mat installation to prevent pedal interference, inspect your tires and stay vigilant while driving. [Winter Driving Tips](#) are available in the [Online Resource Library](#) and the NHTSA has additional recommendations; read more [HERE](#).

**Prevent the Spread of Seasonal Flu.** It's that time of the year again. The Occupational Safety and Health Administration's ([OSHA](#)) [Seasonal Flu webpage](#) offers information about how to reduce the spread of the flu in workplaces. It provides information on basic precautions that should be used by [employers](#) and [workers](#) in all workplaces, such as promoting vaccination, encouraging sick workers to stay home, promoting hand hygiene, cough etiquette, and keeping the workplace clean. The Centers for Disease Control and Prevention ([CDC](#)) also has [updated guidance](#) for protecting individuals from seasonal flu. You can refer to this page for updates on the most recent seasonal flu vaccine. Each year the vaccine is revised to protect against the influenza viruses that research indicates will be most common this season.

### **Did you see this in the last E-news?**

**Study Shows Success of AEDs.** According to an article from the [Sudden Cardiac Arrest Foundation](#), a study published in the *European Heart Journal* that looked at data collected over an 18-year period in 252 sports centers in Italy found that neurologically intact survival was 93% for patients treated with an onsite Automated External Defibrillator (AED) compared to 9% without an AED. Onsite AED use significantly reduced the time to first shock from 7.3 minutes to 3.3 minutes. This reduction in response time is crucial for patient survival in a sudden cardiac arrest incident. Successful defibrillation is highly dependent on how quickly defibrillation occurs. For each minute in cardiac arrest, the chance of survival goes down by about 10%. After as few as 10 minutes, survival is unlikely. Organizations should ensure that [Emergency Planning](#) incorporates the delivery and use of an AED within a minimum of two minutes to all areas of the facility and / or property. Appropriate staff should be trained in CPR and the use of the specific onsite AED. AED's should be checked and documented on a regularly scheduled basis to ensure the battery is fully charged, pads are not expired and all equipment including, at a minimum, a CPR mask, gloves, scissors, and a razor are present with the unit. Click [HERE](#) for additional information about AEDs in the workplace from the Occupational Health and Safety Administration ([OSHA](#)).

**Rhabdo & Spin Classes.** In April 2017, the American Journal of Medicine ([AJM](#)) published a [study](#) on the effects of spin class causing Rhabdomyolysis, or Rhabdo for short, which is a rare condition brought on by intense or extreme workouts. The AJM stated that the "high-intensity exercise associated with spin class comes with significant risks to newcomers." If a newcomer exerts themselves too hard, they could end up in the emergency room. What you need to know; Rhabdomyolysis is the breakdown of muscle that is released into the bloodstream caused by severe exertion or over exertion. Symptoms include dark or brown urine, muscle soreness increasing over time, dehydration, and nausea. When Rhabdo is untreated, it can lead to kidney failure. What can you do? Newcomers aren't always aware of how intense workouts can be. Staff should remind participants to go at their own pace and drink plenty of fluids. Staff can also keep an eye on first-time participants. [Read more here...](#)