

February 2020

Hello RETRO Members;

February is National Heart Month sponsored by [The American Heart Association](#) educating Americans on the battle of cardiovascular disease and how to live heart-healthy lives. This also ties in with our first topic - CPR training.

First topic is: **CPR/AED**. If you have not taken this class in a while, there have been some changes and AED (Automated External Defibrillators) have become a part of the class. Whether you have one in the store or not, you could find yourself in a location with one and it would be good to understand its use. There is also a second option CPR method of just doing chest compressions instead of the combination of breathing and compressions. [L&I requires](#) that first aid certified personnel are on hand when employees are present.

The second item is: **Slips-Trips-Falls**. Slips, trips, and falls are among the most common in workplace accidents. Employees, employers, and customers are put at risk for serious injury when slip, trip, and fall hazards aren't noticed and fixed in parking lots, walkways, stairwells, and other work locations. Fortunately, with proper training, housekeeping techniques, and encouraging a safety culture in the workplace, you can spot, report, and correct these hazards before someone gets hurt.

You will find more information on this topic at the [RS Safety Library](#), with several items to pick from as part of your safety meeting for this month. A [printable sign is available here](#). For safety tips there is information [here](#). The **SAFEME** app <http://www.wrasafeme.org/> has a module on Slips Trip and Falls that can be used as a great refresher course!

Here at WRA, we want all employees to take the time and be safe! Remember, DOSH can fine your business if you are not holding and documenting monthly safety meetings.

Thinking safety for you,

Rick Means

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