



February 2018

Dear RETRO Members;

February is National Heart Month sponsored by The American Heart Association (<http://www.heart.org/HEARTORG/>) 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. WRA staff recently took a free class offered by our local Medic One and would suggest that you give yours a call to make arrangements to have an EMT come to your location.

The second agenda item is: **Slips-Trips-Falls**. Slips, trips, and falls are among the most common in work place 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 work place, you can spot, report, and correct these hazards before someone gets hurt.

Slips-Trips-Falls Handout

For more information see <http://www.lni.wa.gov/safety/topics/atoz/topic.asp?KWID=510> and there are several sections to pick from to be a part of your safety meeting for this month. Also see http://www.nsc.org/safety_home/HomeandRecreationalSafety/Falls/Documents/Slips%20Trips%20and%20Falls_FINAL.pdf

For a printable sign - <http://www.lni.wa.gov/IPUB/FSP1-051-000.pdf>

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

Thinking safety for you,

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