



LIFEWORK

Early Defibrillation News

Volume 2 No 2



Lifework promotes HEALTHY LIVING to District Sixth Graders

Lifework believes that heart health begins at home and in our communities. Last month, we visited sixth grade students at Anne Beers Elementary School in Washington, DC, and sent them into summer with heart healthy ideas.

Lifework's Education Director, Pierre Cox, PhD, developed this program.

"My goal is to educate and engage youth regarding healthy lifestyle choices."

more →

2 Back to School With Lifework (continued)

Pierre Cox, Lifework Education Director visits with sixth graders to talk tips for heart healthy living.



3 AEDs in the News

More workplaces implementing Early Defibrillation programs, AED in a funeral home, AEDs saving lives, and more.

4 Lifework Summer Safety Tips

Biking, boating, or basking in the sun - Lifework offers a few tips for a safe and happy summer.



5 Employment Opportunities

Lifework is growing!

5 Calendar

See what heart health events are coming up soon

Lifework at Anne Beers Elementary School (continued)

Lifework's Pierre Cox sat down with 40 sixth-grade children at Anne Beers Elementary School.

He began with a discussion of healthy nutrition and talked to students of the difference between healthy and unhealthy snacks. Pierre explained how important healthy eating is for the health of heart and arteries.

Pierre went on to discuss the benefits of physical activity to the heart. Children learned that an active lifestyle helps the heart function more efficiently and reduces body fat. The children participated in two active activities. The first was a water bucket relay and the second was a jump rope contest using jump ropes donated by the American Heart Association.

Pierre finished with a demonstration of CPR and let the students operate an Automated External Defibrillator on a manikin. The students were able to follow the unit's instructions and deliver a "shock" to their patient.

We, at Lifework, are happy to have been able to bring this information to children in our community.



Anne Beers students apply defibrillation pads to a manikin. Students had no problem following the AED's instructions and were able to deliver a "shock" to their patient.



Students participate in a water bucket relay - demonstrating that physical activity is not only good for you, but fun!

AEDs in the News

For more information on the following stories, contact Lifework at 410.418.4989.

- According to a survey by the American College of Occupational and Environmental Medicine, **the lower cost of AEDs is allowing more workplaces to purchase them.** This is good news because the Occupational Safety and Health Administration estimates that 15% of workplace fatalities are caused by cardiac arrest.
Indianapolis Star, July 2005
- A Massachusetts **funeral home is the first of its kind to purchase an AED.** The establishment's director says, "Thousands of people walk through these doors a month. . . We deal with death every day, so for us to be able to actually save a life would be nice."
Boston Herald, June 2005
- In 2001, a collegiate football referee collapsed on the field at Syracuse University and **was saved by an AED.** Now that man teaches others how to use an AED and his county school board has decided to place AEDs in every public and private school.
Home News Tribune, May 2005
- A San Antonio water park gets its **900 lifeguards ready for summer by including AED operation in their training.** Last year, a lifeguard saved a man using one of the park's AEDs.
San Antonio Express-News, May 2005
- A high school junior was **saved by his football coach** when the boy collapsed after an off-season workout. The coach performed CPR with other school staff and used the AED to provide a shock. The boy's heart was beating regularly when the paramedics arrived.
Associated Press, April 2005



Lifework tips for a

Safe and Happy Summer



Ah, summer! It's the season for picnics, road trips, and the beach.

Did you know that it's also the season for accidents? More people are injured in the summer months of June, July, and August than at any other time of the year.

Lifework has a few tips to help you and yours have a healthy and happy summer.

BIKING

- Always wear a bike helmet (it's the law in many states, including Maryland, for children to do so).

SWIMMING

- Never swim alone.
- Don't mix alcohol and swimming.
- Obey all rules and posted signs.
- Know where the AED is located at your pool or beach.

BOATING

- Be weather-wise and bring a portable radio to check weather reports.
- Tell someone where you're going, who is with you, & how long you'll be away.
- Check your boat & equipment before leaving the dock.
- Make sure the First Aid kit is stocked and you have an AED on board.

SUN

- Drink plenty of water.
- Take frequent breaks when working or playing in hot weather.
- Wear sunscreen.

ROAD TRIPS

- Stop every two hours to stretch your legs.
- **BUCKLE YOUR SEAT BELT!**

upcoming

Events

August 25 – 27, 2005
National Association of
Emergency Medical Technicians
EMS EXPO

New Orleans, Louisiana

for more information:

www.advancedrt.com/emsexpo/emsexpoinde.html

August 28 – September 1, 2005
North American Association of
Transportation & Health
Officials

Annual Meeting

San Antonio, Texas

for more information:

www.dot.state.tx.us/occ/conference.htm

September 1, 2005
National Institutes of Health
**National Heart, Lung,
and Blood Advisory
Council Meeting**

Bethesda, Maryland

for more information:

www.nhlbi.nih.gov



September 18 – 23, 2005
National Safety Council
**XVIIth World Congress on
Safety and Health at Work**

Orlando, Florida

for more information:

www.appcluster05.com/worldcongresssplash.cfm

September 21 – 23, 2005
National Safety Council
**93rd Annual Congress
& Expo 2005**

Orlando, Florida

for more information:

www.nsc.org



September 27, 2005
**Mid-Atlantic Life Safety
Conference**

Laurel, Maryland

for more information:

office of the State Fire Marshall
800.525.3125

October 27 – 28, 2005
National Institutes of Health
**National Heart, Lung,
and Blood Advisory
Council Meeting**

Bethesda, Maryland

for more information:

www.nhlbi.nih.gov

October 29, 2005
American Heart Association
Baltimore Heart Walk

Baltimore, Maryland

for more information:

Nichole Laska
nichole.laska@heart.org

October 30, 2005
Marine Corp Marathon

Washington, DC

for more information:

<http://www.marinemarathon.com/>

November 2-6, 2005
AED Instructor Foundation
**2nd Annual AED & CPR
Instructor Networking
& Mentoring Conference**

Cancun Mexico

for more information:

www.aedinstructorfoundation.org

November 12, 2005
American Heart Association
Howard County Heart Walk
Ellicott City, Maryland

for more information:

Mary Toland

mary.toland@heart.org

Employment Opportunities at Lifework!

Lifework is growing! We're looking for Education and Sales Associates. If you're interested in learning more, please email your resume to carol@lifeworkhealth.com.

Looking for someone to speak at your event?

As the regional experts on Early Defibrillation Programs, Lifework would love to come share our knowledge. For more information, contact the Lifework office at 410.418.4989.