



MedStat

Lutheran Health Network

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American Heart Association 2017 Survey Results

Preparing for a Cardiac Emergency

Are your employees prepared for a workplace cardiac emergency? According to the American Heart Association (AHA), most employees are not. This is mostly due to a lack of training in CPR and First Aid based off of the results from a recent survey. More than 3,000 workers in various fields were surveyed between February and April 2017. In addition to 2,000 employees in corporate offices, hospitality, education and industry/labor, more than 1,000 safety managers in industries regulated by the U.S. Occupational Safety & Health Administration (OSHA) were also surveyed.

Key Findings

- ▶ The AHA survey showed that most workers do not have access to CPR and First Aid training. More than 55 percent are unable to receive this training from their employer and much of the time when it is provided, it may only be one or the other.
- ▶ Half of the employees surveyed were unable to locate an automated external defibrillator (AED) in the workplace. This number is higher in the hospitality industry at 66 percent.
- ▶ The AHA also says that the data provided in this survey suggests that untrained employees may be relying on their untrained peers when an emergency occurs. They may believe that someone in the workplace will be qualified and able to respond when that is not always the case.
- ▶ One-third of safety managers in OSHA-regulated industries that were surveyed stated that First Aid, CPR and AED training only became important and offered after an incident showed the need.

- ▶ One-third (33 percent) of safety managers said lives have been saved at home and at the workplace as a result of First Aid, CPR and AED training provided at work. Three-quarters (75 percent) said injuries or medical conditions have been treated in the workplace with this training.
- ▶ More than one-third (36 percent) of safety managers at OSHA-regulated businesses felt it would be valuable to offer training more frequently than every two years (the current requirement).
- ▶ Younger generations at OSHA-regulated industries were less likely to participate in First Aid, CPR and AED training, although the numbers are still high at over 44.5 percent. The AHA believes this could be due to a decreased sense of risk among younger workers.
- ▶ Additionally, the survey results indicate more than 90 percent of employees would take First Aid and CPR training if employers offered it, and most (70 percent) believe training would make them feel better prepared for emergencies.

OSHA references CPR and first aid training requirement for employers in standard [1910.266 App B](#). Per this standard, "First-aid and CPR training shall be conducted using the conventional methods of training such as lecture, demonstration, practical exercise and examination (both written and practical). The length of training must be sufficient to assure that trainees understand the concepts of first aid and can demonstrate their ability to perform the procedures."

The AHA's Workplace Safety Training Initiative urges organizations to proactively offer this training. Such training has the potential to save thousands of lives, considering there are 10,000 cardiac arrests in the

workplace annually. Cardiac arrests occur when the heart suddenly stops beating, and survival chances outside the hospital can double or triple when CPR is immediately performed by a bystander.

MedStat certifies for CPR and First Aid through the American Heart Association guidelines. Our training can help your employees to feel more confident when cardiac emergencies occur so that they are better able to respond. With February being American Heart Month, now is a perfect time to ensure that your company meets the OSHA and AHA guidelines. For more information or to set up your training, please call **Tabitha McDonald at 574-372-7639**.



MedStat website receives updates!

The MedStat website located at medstatonline.com has recently been updated to include additional information for employers.

From our site, you can view and print our authorization form, access your drug screen and worker's comp portals, access DOT forms, view current wait times for each clinic, and more.

Check us out today! If you have any questions, please contact Anne Cuahuizo, 574-372-3895.

<https://newsroom.heart.org/news/american-workers-unprepared-for-workplace-cardiac-emergencies-surveys-find>

www.medstatonline.com

MedStat Warsaw

1500 Provident Drive, Suite A
(574) 372-7637

MedStat Syracuse

107 W. Pickwick Drive, Suite A
(574) 457-8682

MedStat Nappanee

1001 N. Main St., Suite One
(574) 773-2509