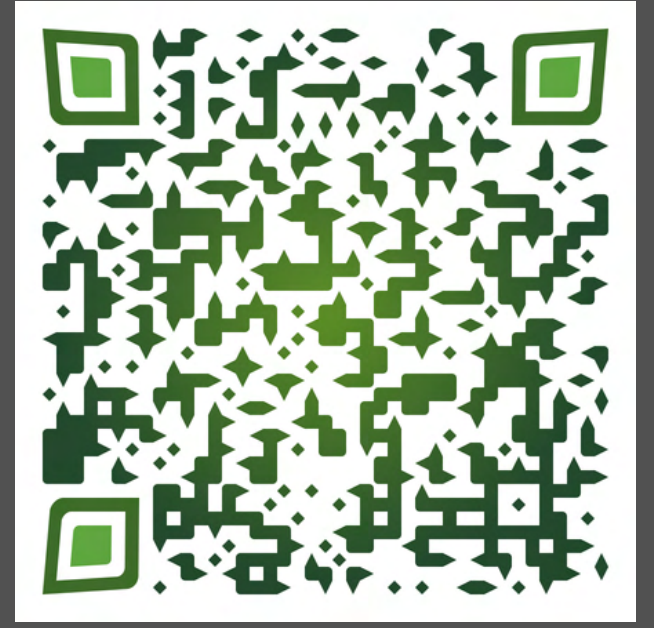


THE INDUSTRIAL ATHLETE DIGEST

Weekly Wellness & Safety Tips from Work Right NW VOLUME 9 | ISSUE 6



TACKLING CPR

BY BETH BRIGGS, MS, ATC

A multitude of words about Athletic Trainers have been written in the wake of Damar Hamlin's tragic on-field injury during the Bills-Bengals football game several weeks ago. When Hamlin collapsed on the field from cardiac arrest, Athletic Trainer Denny Kellington performed critical, life-saving resuscitation.

While we're not all in the spotlight of Monday Night Football, we don't diminish the fact the work you do of *pushing, pulling, lifting, and carrying* makes you an **industrial athlete**. As such, there could come a time when a rapid response is needed from you! Let's look at a brief walkthrough on how to perform CPR:



WANT TO READ MORE?
SCAN THE QR!

Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialists in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.

HOW TO PERFORM CPR:

The use of CPR can double or even triple the likelihood of someone surviving cardiac arrest. **x2 x3**

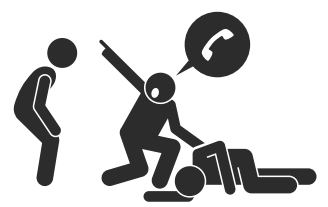
1. Survey the Scene



2. Assess for Consciousness



3. Call 911



4. Move to a Firm, Flat Surface



5. Give 30 Chest Compressions



6. Give 2 Breaths



7. Continue 30/2 Cycle



Did you know Work Right offers your workforce CPR and AED training?
Ask your onsite Injury Prevention Specialist for more information!

