



National Postal Mail Handlers Union

THE BREAKDOWN

HEALTH TIP

Hands-Only CPR

ONLY THE STRONG



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Most adults won't survive a sudden cardiac arrest without receiving CPR immediately. Unfortunately, less than 33 percent of people who experience cardiac arrests at home, work or in a public location get that help. It doesn't need to be this way. The American Heart Association created two simple steps that anyone can follow — call 911 and Push hard and fast in the center of the chest. Studies of emergencies that have occurred in homes, at work or in public locations show that these two steps, called "Hands-Only CPR," can be as effective as conventional CPR. These studies show that Hands-Only CPR more than doubles the survival chances for adults who have collapsed from a sudden cardiac arrest. So don't be afraid if an adult suddenly collapses from cardiac arrest. Just follow the two steps. Your actions can only help. The USPS National Medical Employee Health Program encourages employees to go to the [American Heart Association's](#) website to learn more about Hands Only CPR.

Shift work doesn't have to make workers sick. Here are some tips to give them to make their lives easier and a program to improve the health of all your employees. Some 20 percent of employees work the night shift. While that makes it possible for organizations to run at all hours, it can be awfully hard on the workers themselves. "The human body was made to sleep at night and stay awake in the daytime," explains safety expert Barbara Manning Grimm. And that leads to difficulties from digestive upset to a lack of alertness that can be disastrous around machinery or behind the wheel of a car or truck.

What can workers do for themselves?

--Cook several large dishes at the beginning of the week. Then simply reheat as needed.

--Send a copy of your schedule to family and friends, so you can plan time together.

--Have breakfast or lunch with loved ones (even if they are your lunch and dinner!).

--Because your loved ones are asleep while you work, use e-mails or notes to keep in touch.

--Don't bother with little chores during the workweek. Save them for your days off.

--Focus on what you can get out of shift work, including the extra pay and the sunny days you can spend with the kids.

--Talk with co-workers about schedules. If another worker prefers the shift you're on, ask your boss to trade.

--Let your family know how important it is to get sleep during the day. Rest in a darkened room with the phone turned off. And post a note on the door to wake you at a set time.

(Add that you should be wakened immediately in an emergency.)

--Eat nutritiously. Shift work stresses the body enough. And sweet snacks can make you drowsy on the job.

Others suggest following a regular wellness regimen. If your employer has a wellness program, join it and request that activities be available to your shift. That last suggestion, having a wellness program, will, of course, benefit all your employees, whatever their schedule. Studies suggest that having a wellness program will benefit you, too, through lower absenteeism and reduced health insurance rates. The return on investment (ROI), studies say, can be 300 percent or more of what you spend to create it.