

# Spotlight on Safety

## AED/CPR/First Aid/Bloodborne Pathogen

### Keeping Yourself Safe While Helping Others

Below are some tips on how to set yourself up for safety in the event of a medical emergency:

**Preparation**: Know where your department's closest AEDs and first aid kits are located.

**Kit**: First aid kits must be fully stocked; the last thing you want in an emergency is to find an empty first aid kit. Remember to protect yourself by following universal precautions while administering first aid.

**Guidelines**: Follow Northwestern's procedures for medical emergencies, which include calling NU Police, staying clear if you are not AED or CPR certified, and directing first responders to the scene.

**Training**: Complete *Bloodborne Pathogen Exposure Prevention Training* at [learn.northwestern.edu](http://learn.northwestern.edu) from February 27-April 27, 2017. In addition, if you want to learn more, we offer CPR, AED, and First Aid training sessions through Learn@Northwestern.

When you are in a situation where you are not sure if you are in a safe environment, it is important to take the following steps to ensure your safety:

- 1. Identify the hazard.
- 2. Assess the risk.
- 3. Control the hazard.
- 4. Eliminate the hazard.
- 5. Substitute the hazard.
- 6. Isolate the hazard.
- 7. Use personal protective equipment (PPE).
- 8. Signage and labeling.
- 9. Hygiene.
- 10. Engineering controls.
- 11. Administrative controls.
- 12. Safety training.

## Heart Health Month

**Prevention**: With your

February is American Heart Month. According to the CDC, heart disease is the leading cause of death in both men and women, with more than 600,000 deaths per year in the U.S. To protect you and your family, consider these safety tips:

- CPR and first aid classes are offered through the American Red Cross and have training locations all over Chicagoland. Visit the [Red Cross' website](#) for more information.
- For heart health and stroke information, visit the [American Heart Association's website](#). For questions on your own heart health, don't be afraid to talk to your doctor.
- You should have a first aid kit in rooms at home, such as the kitchen and a garage or basement workshop, and make sure to refill it after items are used.

## First Aid

Please contact [Gwen Butler](#), Director of Environmental Health and Safety, at 847.491.4936 with any questions. Risk Management Services can be reached at 847.491.5610 or [risk@northwestern.edu](mailto:risk@northwestern.edu).