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Issue 8

# Care

**PUBLISHED BY KIT CARE CORPORATION**

*SPECIALISTS IN FIRST AID, SAFETY, SPILL & FIRE EQUIPMENT FOR OVER 49 YEARS.*

## Understanding **the Risks**

### *Cardiovascular Disease*

If you knew for certain that you will lose 10% of your workforce to cardiovascular disease in the next 20 years, would you do something to help prevent it. Now, what if the number was higher?

Cardiovascular disease is the leading cause of death among Canadians. In 2002, 32% of male deaths and 34% of female deaths were attributed to some form of CD, which includes heart disease, diseases of the blood vessels and stroke. The numbers are not getting smaller.

### **So what can we do about it?**

Well, we know some risk factors can be modified and some can't. There's little we can do about genetics, but cholesterol levels, high blood pressure, diabetes, stress, smoking, excessive alcohol consumption, physical inactivity and obesity can be controlled.

To balance cholesterol levels, you've got to know where you're at and understand the difference between the good cholesterol (HDL) and the bad (LDL). Both types can be monitored through blood tests.

High levels of LDL cholesterol promote the build up of fatty plaque in the artery walls, which impedes the normal blood flow and increases the risk of circulatory problems, heart disease and stroke. HDL, on the other hand, helps carry cholesterol away from the artery walls, preventing this build up and reducing these risks.

Blood pressure, which is the measure of the force of your blood against the walls of your arteries, can be characterized by two numbers – the first one is the amount of pressure on the artery walls when you heart is contracting (called systolic blood pressure) and the second number represents pressure when your heart is relaxed (diastolic blood pressure). When

blood pressure is consistently elevated (hypertension), damage occurs to the walls of the blood vessels causing scarring. Fatty plaques are deposited in these scars, leading to the narrowing of arteries and impairing normal blood flow.

Reducing your stress, eating foods low in LDL cholesterol (French fries) and high in HDL cholesterol (avocado), engaging in regular cardio exercise, going for annual blood pressure and cholesterol level tests, not smoking, drinking moderately at most and paying attention to your body are key to preventing cd.

Likewise, keeping your employees informed of the risks, helping them understand the importance of monitoring and prevention, and even providing some tools and services to bettering their lifestyles are instrumental steps in ensuring a healthier workforce.

Our team at Kit Care is happy to provide assistance in helping educate your workers, devise a better living plan, implement tools and of course answer any questions or concerns as they relate to your occupational health and safety.

### **All our best... The Kit Care Team**

## What's **INSIDE**

*Winter Foes  
New Digital Vision Eyewear  
HeartSine AED  
Heart Attack Warning Signs  
Industry Events & Care Tips*



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# Kit Care proudly introduces **Digital Vision**

## A great new innovation in Eye Protection

### COMPUTER VISION SYNDROME (CVS)

Computer eye strain affects more than 70% of the approximately 143 million Americans who work on a computer on a daily basis, according to the American Optometric Association (AOA).

Symptoms of computer vision syndrome (CVS) don't occur only in adults. Millions of children work at a computer or play video games every day, either at home or in school. Prolonged computer use can stress a child's eyes and may affect normal vision development. If you or your child spend more than two hours per day in front of a computer screen, it's likely you will experience some degree of computer vision syndrome.

Computer eye strain and computer vision syndrome are caused by our eyes and brain reacting differently to characters on a computer

screen than they do to printed characters. Our eyes have little problem focusing on printed material that has dense black characters with well-defined edges. But characters on a computer screen don't have the same degree of contrast and definition. This makes it more difficult for our eyes to maintain focus on these images. Continuous flexing of the eyes' focusing muscles creates the fatigue and eye strain that commonly occur during and after computer use.

In addition to increasing comfort during computer use, recent studies have shown that computer eyeglasses can increase computer worker productivity, with cost savings to employers who provide the eyewear.

Using proper computer eyewear can prevent eye strain and increase productivity and accuracy."

Reference: <http://www.allaboutvision.com/cvs/faqs.htm>



### Eye Protection For The Digital Age

#### B1-DV30 DIGITAL VISION EYEWEAR

As time goes on, Kit Care continues to develop innovative new products in vision protection. While many people have not yet heard of Computer Vision Syndrome (CVS), studies say that it will be the eye problem of the decade. B1-DV30 Digital Vision Eyewear puts you in the forefront of preventing this vast, emerging vision issue.

Our proprietary custom tinted lenses are proven to reduce many of the most painful symptoms of CVS. And as you expect from Kit Care, all of this protection is in a stylish, comfortable spectacle designed for all day wear.

**PUT THESE ON AND SEE A WHOLE NEW WORLD.**

**KIT CARE CORPORATION PRESENTS AN INNOVATION IN EYE PROTECTION.**

# HeartSine **AED**

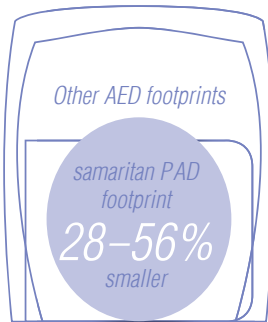
## Introducing the HeartSine Samaritan® Public Access Defibrillator



A8-300P

### Compact, easy-to-use, lifesaving technology.

Sudden Cardiac Arrest (SCA) is a leading cause of death globally. Response time is critical for survival. The HeartSine samaritan® PAD was designed especially for use in public areas by providing a sophisticated defibrillator for adult or pediatric use, inside a lightweight and easy-to-operate system.



### Compact in size, long on ability.

*Portable.* The samaritan PAD is lighter (2.4 lbs.) and smaller than other defibrillators. *Durable.* The samaritan PAD resists shock and vibration and carries an IP56 Rating, the industry's highest rating against dust and water. It can be taken and used virtually anywhere, even in the most inclement conditions. It also carries a 7-year unit warranty.

*Advanced technology.* SCOPE™\* Biphasic technology automatically optimizes energy output for each person, and has been reported to provide significantly better performance in removing ventricular fibrillation (VF) by the third shock.\*\*

### Easy-to-follow visual and verbal guides.

*User-friendly.* The samaritan PAD features easy-to-understand visual and oral prompts that guide a user through the process.

*Two-button operation.* Only two buttons, ON and SHOCK, are required, providing straightforward operation.

*Always ready.* A System Status Ready Indicator flashes to show that the complete system is operational and ready for use. Device automatically runs self check each week



### Real economy for the real world.

*Two parts, one expiration date.* Pad-Pak™ cartridge combines battery and electrode pads, with one expiration date to monitor.

*Low cost of ownership.* Cartridge typically has a shelf-life of 3.5 years from date of manufacture, offering significant savings over other defibrillators that require separate battery and pad units.

## BE ALERT!

### Heart attack warning signs

- **Pain:** Sudden discomfort or pain in your chest, neck, jaw, shoulder, arms or back that does not go away with rest
- **Shortness of breath:** Difficulty breathing
- **Nausea:** Indigestion and/or vomiting
- **Sweating:** Cool and clammy skin
- **Fear:** Anxiety and/or Denial

### What to do

- CALL 911 or your local emergency number right away
- Stop all activity and sit or lie down
- If you take nitroglycerin, take your normal dosage
- If you're experiencing chest pain, chew and swallow one 325 mg tablet or two 80 mg tablets of ASA (acetylsalicylic acid)



# Care Tips

To wash hands properly and keep them free of contaminants:

- Wash all parts of the hands and wrists with soap and water or an alcohol-based sanitizer for at least 15 seconds
- Keep nails short
- Avoid wearing rings
- Avoid artificial nail or nail varnish
- Remove watches and bracelets

## Hand Washing Remains Key to Preventing the Spread of Virus and Bacteria

### Handwashing with soap and water

- 1** Wet hands and wrists.
- 2** Use a sufficient amount of soap.
- 3** Lather soap and scrub hands well, palm to palm.
- 4** Scrub in between and around fingers.
- 5** Scrub back of each hand with palm of other hand.
- 6** Scrub fingers of each hand in opposite palm.
- 7** Scrub each thumb clasped in opposite hand.
- 8** Scrub each wrist clasped in opposite hand.
- 9** Rinse thoroughly under running water.
- 10** Wipe and dry hands well with paper towel.
- 11** Turn off water using paper towel.

### Cleaning with alcohol sanitizers

- 1** Apply enough sanitizer to open palms.
- 2** Rub hands together, palm to palm.
- 3** Rub in between and around fingers.
- 4** Rub back of each hand with palm of other hand.
- 5** Rub fingertips of each hand in opposite palm.
- 6** Rub each thumb clasped in opposite hand.
- 7** Rub each wrist clasped in the opposite hand.
- 8** Keep rubbing until hands are dry. Paper towels are not needed.



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Visit our **Web Site!**  
 • full listing of products and services  
[www.kitcarecorp.com](http://www.kitcarecorp.com)

## Upcoming Industry

**January 13 - September 6, 2011**

**February 7 - February 9, 2011**

**February 9 - February 10, 2011**

## Events

### Asbestos Training for Maintenance Workers - Ontario

For more information, click here.  
 Mississauga, Ontario

[www.ohscanada.com](http://www.ohscanada.com)

### 38th Annual Industrial Safety Seminar

For more information, click here.  
 Regina, Saskatchewan

[www.ohscanada.com](http://www.ohscanada.com)

### Basic Workplace Investigation Techniques

For more information, click here.  
 Toronto, Ontario

[www.ohscanada.com](http://www.ohscanada.com)

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