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# Care

**PUBLISHED BY KIT CARE CORPORATION**

*SPECIALISTS IN FIRST AID, SAFETY, SPILL & FIRE EQUIPMENT FOR OVER 50 YEARS.*

## Heart Attack **Warning**

*Heart Attacks Can Happen Anywhere, Anytime*

or call 1-800-387-1858.

### **What's at stake?**

Sudden cardiac arrest kills more than 350,000 Americans annually. In 16% of cases, death is the first symptom.

Even with a healthy lifestyle of exercising and eating the right food, people can still succumb from sudden cardiac arrest. Though it sounds dire, there are still many things you can do to help yourself or others in such a situation.

### **Consider a Defibrillator**

Blockages in coronary arteries start out as cholesterol deposits in the artery walls that turn into plaques, narrowing the vessels. A heart attack occurs when a plaque ruptures; causing a blood clot that quickly blocks the artery and pinches off the blood supply to part of the heart. The actual cause of death, however, often is ventricular fibrillation, in which the heart muscle quivers instead of pumping rhythmically.

Emergency help rarely arrives fast enough. For every minute of ventricular fibrillation, the likelihood of survival drops by 10%. If a victim receives a rapid shock from an automated external defibrillator (AED), his or her chances of survival could be as high as 90%.

AEDs, approved by Health Canada (or the FDA in the USA) for home and office use, analyze the heartbeat, then deliver shocks (if necessary) to restore a normal rhythm. The machines, which cost about \$1,500, are so simple to use that even young children can use them correctly.

Anyone with a diagnosed heart condition should consider owning a home defibrillator. In addition, all workplaces should have AEDs. To order, or for more information, contact your local Kit Care Representative

### **Manage Risk Factors**

Patients who have three or more of the following health factors are said to suffer from metabolic syndrome.

*Hypertension* damages the walls of arteries and increases the risk for clots. Everyone needs to keep his/her blood pressure below 120/80.

*Triglycerides*, blood fats that increase the risk for heart disease, can be reduced by 10% to 30% with aerobic exercise. A healthy diet can also reduce triglycerides.

*HDL "good" cholesterol.* Ideally, people should maintain an HDL of 60 milligrams per deciliter (mg/dL) or higher.

*LDL "bad" cholesterol.* Patients with cardiovascular risk factors need to keep their LDL below 100. Those with documented cardiovascular disease should maintain an LDL of 70 or less.

*Abdominal obesity* (the so-called "apple" shape) is defined as a waist circumference of more than 35 inches in women or 40 inches in men. It's one of the most common indicators for metabolic syndrome and heart disease.

*Diabetes* increases the risk for heart disease by one-and-a-half to three times. The American Diabetes Association

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# Heart Attack **Warning** *(Continued from page 1)*



## Do you know what to do if you think you're having a heart attack?

recommends diabetes screening starting at age 45—but adults with risk factors, such as obesity, hypertension or a family history of diabetes, need to start testing for diabetes at age 30.

### What You Can Do

Patients with metabolic syndrome must aggressively treat the risk factors to help prevent a heart attack.

Exercise aerobically for at least 30 minutes, five or more days a week. It reduces abdominal fat, decreases blood pressure between 5 and 8 points, reduces triglycerides by 10% to 30%, and increases HDL by 5% to 10%.

Taking a cardiac stress test can provide valuable information but can detect only extensive blockages (70% or more) in the coronary arteries, yet nearly 90% of heart attacks occur in patients with less severe blockages.

Patients with cardiovascular risk factors—such as smoking, a family history of heart disease and/or elevated cholesterol—need to ask their doctors about tests to detect heart disease at an earlier stage. These include *coronary computed tomographic angiogram* (coronary CTA) to establish (or exclude) heart disease, and *intravascular ultrasound*, which detects unstable plaques, the ones that are most likely to rupture and cause a clot.

An angiogram, an X-ray test in which a dye is injected and a catheter is inserted into the coronary arteries, is the gold-standard for identifying blockages, but even this test can vastly underestimate the disease.

### Test for Inflammation

Arterial inflammation is believed to be one of the main triggers of plaque formation. The following tests seem to be highly effective at identifying patients with arterial inflammation and thus elevated cardiovascular risk.

**PLAC test.** This measures levels of *lipoprotein-associated phospholipase A2* (also called PLAC). In patients with a PLAC level of less than 160 nanograms per deciliter (ng/dL), the annual incidence of a cardiovascular event is less than 1%. Higher numbers indicate increasing risk.

**C-reactive protein (CRP)** is strongly linked with cardiovascular events. A normal level is below 1 mg/L.

Anyone who has any cardiovascular risk factors should ask his or her doctor if one or both of these tests are necessary.

### Take an Aspirin Daily

Aspirin can lessen the chance of clots forming and reduce arterial inflammation. People who take an aspirin daily can reduce heart attack risk by more than 30%.

Though not always effective, it is, statistically speaking, one of the most effective ways to prevent a heart attack in patients who have been diagnosed with heart disease. Recent studies suggest 160 mg a day.

### Final Word

Remember: Chew and swallow one uncoated 325 mg aspirin immediately if you think you're having a heart attack. It can reduce mortality by 23%.

*(Article taken from Bottom Line, Vol. 29, Iss. 5)*



# Avoidable **Accidents**

## Career Ended When Pencil Line Stopped

A pencil line ending 30 inches (76 centimeters) from the edge of a piece of siding marks the spot where a young worker's construction job stopped forever. Caught up in drawing a pencil line along a length of siding in preparation for cutting, the worker backed over the edge of an unguarded third-floor balcony and plunged to the ground.

The victim suffered a severe closed head injury after falling 18 feet (5.5 meters) and died in the hospital. WorkSafeBC has published an incident investigation report that it hopes will help prevent similar incidents from occurring elsewhere.

The young worker was assigned to work alone installing siding at ground level, but during the morning coffee break another worker requested help in installing siding on a third-floor balcony. The young worker first helped the other worker install siding on an inner balcony and was then asked to install the last pieces of siding above sliding doors on an unguarded outer balcony. He did not wear personal fall protection.

While running a pencil line along a section of siding that he intended to cut, the young worker unintentionally backed himself over the edge of the unguarded balcony. A WorkSafeBC investigation found that the business owner had not developed a written fall protection plan for work being done where siding installers were not protected by permanent guardrails.

The investigation found that the employer had no written record of orientation or training being provided for the young worker. However, the young employee had attended two safety meetings, one of which brought some discussion of fall protection.

On the day of the fatality, the site foreman was on holidays and no other designated supervisor had been appointed to take his place. It was snowing lightly at the time of the incident and some snow had accumulated along the edge of the outer balcony. Because of cold and windy conditions the worker had been wearing a hooded jacket that cut off his peripheral vision.

Think of the young workers in your workplace. While they might not be risking fatal falls, if they have not received proper orientation and training, and if they are not watched to ensure they are working safely, their jobs could come to a tragic halt. And you would be left to answer some uncomfortable questions.

(Article taken from *Safe Supervisor*)



## Broken CFLs Can Harm You

Avoid exposure to broken compact fluorescent light bulbs

Exposure to a broken compact fluorescent light bulb can be dangerous to young children and pregnant women, but should be avoided by everyone.

CFLs contain small amounts of mercury, which can damage internal organs. If a CFL breaks, immediately open a window in the room, and shut off central air-conditioning and forced-air heating... leave

the room for at least 15 minutes, then carefully place the pieces of glass in a glass jar with a metal lid or in a sealed plastic bag. Use duct tape to pick up the smaller glass pieces and powder. Throw away in a trash container outside.

Check with your town to find out about any special rules for disposal of hazardous waste.

To find out more information, check out <http://www.epa.gov/mercury/spills>.

# Care Tips

## Stop Dryer Fires



Clothes dryers, common in homes and also used in some workplaces, can be the starting point for fires if they are not well-maintained.

Here's how to prevent dryer fires:

**UP TO CODE:** Be sure that your dryer vent systems are up to code with city, state/province and manufacturer.

**REPLACE VENTS:** Replace any plastic or foil vent with semi-rigid or solid metal venting.

**CLEAN LINT TRAYS:** Clean screen lint trays before and after drying a load of laundry.

**WASH LINT SCREENS:** Wash lint screens with soap and water every few months to remove residue left behind by fabric softeners.

**GET A PRO:** Have your dryer vents professionally cleaned and inspected annually.

**PUT AWAY THOSE CHEMICALS:** Don't keep combustibles like chemical cleaning products or chemical-laden rags near dryers.

*Does something seem off about your dryer? These are warning signs of a dryer not working the way it should:*

**NOT DRY ENOUGH:** Clothes are taking more than one cycle to dry, especially jeans and towels.

**NO LINT:** No lint is visible on the lint screen.

**STOPS OFTEN:** Your dryer repeatedly stops during a cycle.

**SMELLS MOLDY:** Clothes have a moldy smell after a dry cycle.



If you suspect your dryer is malfunctioning or is a fire risk, STOP USING IT! Unplug your dryer and get a professional to come in and take a look at it. If you do this, the worst case scenario is buying a new dryer—that sure beats losing everything and putting you and your family at risk!



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### Upcoming Industry

## Events

January 2012

**January 17-19, 2012 International Disaster Conference & Expo (IDCE)**

For more information, please visit the website below.

New Orleans, Louisiana

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

**January 18-19, 2012 Safety Services Manitoba Occupational Health & Safety Conference**

For more information, please visit the website below.

Winnipeg, Manitoba

[www.safetyservicesmanitoba.ca](http://www.safetyservicesmanitoba.ca)

**January 24-26, 2012 Hazards and Control of Mould in Buildings in Ontario**

For more information, please visit the website below.

Mississauga, Ontario

<http://bit.ly/tlWer0>