

GENERAL MEMBERSHIP MEETING

Wednesday, February 15, 2006, 11:30 a.m. - 1:00 p.m., Royal Fork (Columbia Mall)

"Meth Awareness in the Working World" Officer Sue Shirek, GF Police Department.

Payment Plan for guest meals – If you bring a guest to a NOSHA meeting, we ask that you pay NOSHA for the meal as you sign in at the NOSHA registration table. Please do not pay at the Royal Fork's cash register. Make checks payable to NOSHA in the amount of \$7. Thank you!

How to survive a heart attack when alone. VERY INFORMATIVE!

*Let's say it's 6:15 p.m. and you're driving home (alone of course) after an unusually hard day on the job. You're really tired, and frustrated..... You are really stressed and upset..... Suddenly you start experiencing **severe pain** in your chest that starts to radiate out into your arm and up into your jaw. You are only five miles from the hospital nearest your home. Unfortunately you don't know if you'll be able to make it that far. **WHAT TO DO???** You have been trained in CPR, but the guy that conducted the course did not tell you how to perform it on yourself!!*



HOW TO SURVIVE A HEART ATTACK WHEN ALONE?

Since many people are alone when they suffer a heart attack, without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness.....WHAT TO DO???

- ♥ Do not panic, but start coughing repeatedly and very vigorously.
- ♥ A deep breath should be taken before each cough, the cough must be deep and prolonged, as when producing sputum from deep inside the chest.
- ♥ A breath and a cough must be repeated about every two seconds without let-up until help arrives, or until the heart is felt to be beating normally again.
- ♥ Deep breaths get **oxygen** into the lungs and coughing movements squeeze the heart and keep the blood **circulating**. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital.
- ♥ *Be a friend.....* please tell as many other people as possible about this. It could save their lives!!! Don't ever think that you are not prone to a heart attack if you are less than 25 or 30. Nowadays due to the changes in lifestyles, heart attacks are found among people of all age groups.

[ARTICLE PUBLISHED ON N.º 240 OF JOURNAL OF GENERAL HOSPITAL ROCHESTER]

BOARD MEETING

BOARD MEMBERS MEET THE FIRST THURSDAY OF THE MONTH / 6:00 – 8:00 PM. / MARCH MEETING LOCATION – TO BE DETERMINED

NEXT MEETING → March 2nd

- Please contact one of the Board members with any questions or concerns. You can find an updated contact list on our website @ www.nosha.net

BOARD MEMBERS

*Steve Harken (President) ♦ Al Maloney (Vice President)
Joe Strang (Treasurer) ♦ Connie Mondry (Secretary)
Pat Balstad ♦ Rich Carl ♦ Kirk Douglas
Patty Hajostek ♦ Bonnie Knutson
Debbie Pierson ♦ Annette Shane*

COMMITTEES

Communication Committee

(Linda Wiley, Rich Carl, Kathy Cvanacara, Patty Hajostek, Al Maloney, Annette Shane)

MONTHLY MEETINGS: TUESDAY BEFORE BOARD MEETING / 12:15 PM - 1:15 PM / OUR NEXT MEETING WILL BE HELD AT THE GRAND FORKS PARK DISTRICT / 1210 7TH AVE S

NEXT MEETING → February 28th

- We are losing some of our committee members due to job transfers or other commitments; please contact Linda Wiley @ 701-610-6065 if you would like to join our group!

Education Committee

(Lyle Ross)

(Upcoming GM Meeting Presentations)

- **March 15, 2006**
– “Powder-Actuated Tools” (Brian Bond, Hilti and Steve Schauer, Acme Electric)
- **April 19, 2006**
– “Compressed Gas Cylinders” (Todd Trebon, Airgas)

Membership Committee

(Davis Hoverson, Mike Lorenson)

- New Members - WELCOME!
- **Acme Electric**
- **LM Glasfiber**

NOSHA Safety Tip!

PO Box 14663, Grand Forks, ND 58208-4663 • www.nosha.net • info@nosha.net

Are your Labor Law Posters updated? (Go to www.discovernd.com/labor – required employment posters) and print for FREE!

9 POSTERS REQUIRED FOR EMPLOYERS IN NORTH DAKOTA:

1. North Dakota Minimum Wage & Work Conditions Summary
2. Workforce Safety & Insurance Important Notice to Employees (+ WSI Office of Ind. Review)
3. Job Service North Dakota Unemployment Insurance
4. FLSA Minimum Wage
5. NOTICE – Employee Polygraph Protection Act
6. Family Medical Leave Act
7. **The Uniformed Services Employment and Reemployment Rights Act [NEW]**
8. You Have a Right to a Safe and Healthful Workplace Poster 3165 (formerly the Job Safety & Health Protection Poster 2203- still in compliance with OSHA regulations, NO NEED TO REPLACE)
9. Equal Employment Opportunity is THE LAW