



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

NOSHA News

March 2014

Wednesday, March 19th at Southgate 2525 S Washington St, Grand Forks, ND 58201
Our topic HIPAA Privacy Laws/Workers Compensation, presented by Jan Anderson, Altru HS

Being Mentally Prepared for Emergencies

Would you know what to do if an emergency occurred while you were on the job? Do you know what actions to take if a co-worker was seriously injured, a fire ignited, or a structure collapsed? *Are you prepared to react?*

Emergencies and disasters are a reality of everyday life. Local and international news programs document such occurrences every day throughout the world. Too many lives are lost and property is damaged because no one was prepared to properly react when immediate decisions and actions counted.

A good start in learning how to respond to an emergency is through certification in Basic First Aid and CPR (Cardio Pulmonary Resuscitation). These courses teach important skills. But even more important than the first aid skills gained, they teach *how to respond* to an emergency. Programs offered by organizations such as the highly respected American Red Cross teach people about the kind of situations or conditions that might precipitate an emergency. Knowing what to look for and how to react could save the life of a co-worker or family member.

Your company should have an emergency action plan. Review it periodically, and be aware of what steps to follow when calling for emergency help. Know the course of action to take in likely emergencies at your facility. This will improve your safety awareness in everything you do.

Safety awareness may be gained through the company's regular safety meetings, safety training or your own personal interest in safety & health. This awareness will increase your ability to respond if, some day in the future, you are a bystander in an emergency. This is particularly important if you work in a hazardous industry. You should be able to answer the following:

1. How and who do you notify in an emergency?
2. Are you prepared to react responsibly?
3. Should you stay with the injured person or run for help?
4. If you are not First Aid certified, do you know who in your crew or the company is?
5. Does the emergency scene need to be secured?
6. Do you know the chain of command? Who's in charge during an emergency?

You come to work every day; prepared for the task at hand and knowledgeable on how to handle production problems in the workplace. Being mentally aware is also your best preparation for a potential emergency. Analyze beforehand what to do if one of your co-workers is injured, and if that injury is life threatening. Know how to protect yourself, your co-workers and the company in case of a serious chemical spill. Chances are, during a crisis, you won't have much time to plan the best possible action-so make those decisions ahead of time.

When an emergency does occur, it is your responsibility to be mentally ready. <http://www.toolboxtopics.com>

BOARD MEETING

Board members meet the first Thursday of the month – 6:00-8:00 pm at the Speedway Restaurant

NEXT MEETING . . . April 3rd

2013 BOARD MEMBERS

Dan Mankie (President)
Cirrus Aircraft

Eric Pearson (Vice-President)
CHS (Cenex Transportation)

Callie Wagner (Treasurer)
Minnkota Power Cooperative

Joe Strang
Valley Dairy Car Wash

Cindy Holweger (Secretary)
Development Homes

Carol Gierszewski
Gierszewski Enterprises

Lyle Ross
Vigen Construction

Dave Opp
Opp Construction

Sally Miskavige
Opp Construction

Joe Reynolds
Cirrus Aircraft

Tony Vigness
Black Gold Farms

COMMITTEES

Communication Committee

Linda Wiley

Visit us at www.nosha.net for the latest updates and announcements!

Education Committee

Tony Vigness (Black Gold Farms and Lyle Ross (Vigen Construction)

Upcoming Presentations

March 27th—Evening Social see page 2 for details

April 16th— Hierarchy of Hazard Controls, Dana Paulson, LM Wind Power

Membership Committee

(Dave Opp, Eric Pearson)

NOSHA News Editor

(Joe Reynolds)

Member of the Month
 CHS Transportation





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NOSHA Evening Social

March 27th

5:30 to 7:30 p.m.

Eagle's Crest Grill (Kings Walk)

Bring a new member!

A unique opportunity to network with fellow safety professionals in an after hours environment.

Food will be served
Door prizes

RSVP info@nosha.net



Win a Chance at \$50.00 in CASH!!!

Get involved in NOSHA and see how networking with other safety professionals can be of benefit to you and your organization.

Current members: bring a potential new member to the social and get your name in a drawing to win \$50 CASH! Bring a member who signs up for an annual membership at the social and get \$25 CASH instantly!!

Contact Dave Opp or Callie Wagner for details at info@nosha.net

NOSHA is a non-profit organization formed to provide area safety professionals a direct way of sharing safety concerns, goals, and ideas to promote workplace safety.