First Aid – Learning First Aid skills will help you care for people in crisis before medical professionals arrive. It can give you an understanding of first aid best practices for a wide range of conditions and may give those in crisis the best opportunity for a positive outcome.

CPR - When a person has a cardiac arrest, survival depends on immediately receiving CPR from someone nearby. CPR can double or triple a cardiac arrest victim’s chance of survival. If you are called on to give CPR in an emergency, you will most likely be trying to save the life of someone you love: a child, a spouse, a parent or a friend.

AED - Unlike a heart attack, cardiac arrest often strikes suddenly and without warning. It can happen to anyone at any time. Signs include a sudden loss of responsiveness and lack of normal breathing. An AED is an automated external defibrillator that sends an electric shock to a victim to restore a heartbeat. It analyzes a heart rhythm and prompts the user to deliver a shock when necessary. All that is required of the user is to turn the AED on and follow the audio instructions when prompted. Placing AEDs in key locations, and making sure employees are trained to use them, can mean the difference between life and death.

Source: [https://www.redcross.org](https://www.redcross.org)  [https://cpr.heart.org](https://cpr.heart.org)

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Hands-Only CPR

Push hard and fast in the center of the chest to the beat of a familiar song that has 100 to 120 beats per minute.
Ups and Downs of Ladder Safety

Choose the Right Ladder
Whether cleaning the gutters, holiday decorating or changing a lightbulb, using the wrong ladder can be dangerous. Think about the task at hand, choose the right size and style, and be sure to follow the directions on the ladder before you climb. Some things to consider are how high do you need to reach? How much weight will the ladder need to hold? Is it an indoor or outdoor job?

Start with a Firm Foundation
No matter what kind of ladder you're using, place the base on a firm, solid surface and avoid slippery, wet or soft surfaces. Use a board under the feet on soft surfaces.

Climb with Care
When people use ladders frequently at work or at home, they can run the risk of becoming complacent. Make sure every time you step on a ladder you are mindful of the task at hand. Keep three points of contact with the ladder. Two hands, one foot or two feet, one hand.

Consider the Conditions
In inclement weather, don’t use an extension ladder. Climb down and wait for the weather to pass. Clean the ladder after each use to prevent dirt buildup, especially if it’s left outside in wet or muddy conditions. For more safety tips visit [https://www.nsc.org/home-safety/tools-resources/safety-checkup/ladders](https://www.nsc.org/home-safety/tools-resources/safety-checkup/ladders)

Burning Leaves
Ohio DNR Forestry prohibits outdoor open burning and prescribed fires in the months of March, April, May, October, and November between 6am and 6pm. This ban includes burning of yard waste, trash, and debris, even in a proper burn barrel. Even outside the time and date restrictions, any person conducting a burn must obtain landowner permission, remain with the fire while it is burning, and take all reasonable precautions to prevent the fire from escaping. Any burning should be in regulation with your city/village/township ordinances.

Keep Gutters Flowing
Clean gutters protect your home and business. Whether you do it yourself or hire a contractor, gutters should be cleaned twice a year, in the spring and fall. If there’s lots of trees in the neighborhood, cleaning more often will be needed. Think safety first and use a ladder rather than climbing on the roof to clean gutters. Follow ladder safety practices and don’t lean or overreach; reposition the ladder instead. Stay between the rails. For extension ladders, consider using standoff stabilizers that keep the ladder from leaning on the gutters. Use a good pair of work gloves to clean the leaves and sediment out of the gutters, starting at the downspout. Then use a hose to flush out finer debris starting at the end opposite the downspout. Clear out any obstructions in the drainpipes. Consider gutter cover options and products to help keep your gutters free of debris and protect your home or business.

Public Information: For more information about the Shelby County Safety Committee, please contact the Shelby County Commissioners Office, 129 E Court St, Sidney OH 45365, 937-498-7226.

The purpose of the Shelby County Safety Committee is to outline safety guideline requirements which will provide the basis for compliance with the Occupational Safety and Health Act (PERRP/OSHA) Part 1910 – Occupational Safety and Health Standards for the Code of Federal Regulations Title 29. To provide a mechanism to conduct self-audit evaluations to ensure the safety and health of site employees, and to provide a safe and healthful work environment.

Fall back.
Daylight savings ends Sunday, November 4.
Check the operation of all your smoke and CO detectors and change the batteries when you change your clocks.

Smoke detectors save lives. Request a smoke or CO detector from:

American Red Cross
937-332-1414

You can now register with the Shelby County mass notification system by phone. Just call 937-265-8400 to receive tornado and other severe weather warnings. Messages will come via phone, text, or both.