 NRASP NEWS

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Lunch and Learn “Starting the Conversation”

**NRASP – March 2016**

On March 16th the NRASP held a Lunch n’ Learn:

**Presenter:** Everett Patterson, M-State

**Topic:** Bleeding Control for the Injured

This article of the newsletter focuses on the luncheon of March 2016. If you were able to attend the luncheon, this article carry’s on the conversation the presenter started at the luncheon. If you were unable to attend this is helpful for really anyone who may be the first to respond to a crisis situation involving a wounded person.

**Recap “Stop the Bleed:”**

Bystanders, **YOU**, are always the first on the scene. **YOU** can act quickly and **SAVE LIVES!**

**But How?**

* Awareness of Surroundings: Check the scene for safety
* COMPRESS: **Expose** to find the bleeding is coming from **apply, firm, steady pressure** to the area with cloth or bandage.
* TOURNIQUET: If bleeding doesn’t stop, **Place** a tourniquet 2-3 inches closer to the torso from the bleeding. **Pull** the strap through the buckle, **Twist** the rod tightly, **Clip** and secure the rod.
* COMPRESS AGAIN: If the bleeding still doesn’t stop, **Place** a second tourniquet closer to the torso from the first tourniquet.

**Things to know:**

* At the Boston Marathon bombing only 13% of the tourniquets were applied by EMS.
* A victim bleeding from a main artery can die in 3 minutes.
* The fate of the wounded lies in the hands of the person who applies the first dressing.

Starting the Conversation…”Confined Spaces”

***NRASP Monthly Luncheon Topics***

**April** – Jack Kolberg – AGC of ND Safety Services – “Confined Spaces”

**May** – Kathy Kulesa – ND DOL – Topic TBD

**June** – Randy Niles – SDS/GHS updates – What needs to be done now?

*Upcoming April 2016 NRASP luncheon*

**Presenter- Jack Kolberg – Retired employee of Northern Improvement Company**

The new rule on confined space for construction went into effect by Federal OSHA in August 2015.

This new rule can impact site owners and other employer that may control or direct activity related with confined space entry.

Confined spaces include:

* Crawl spaces
* Manholes
* Tanks

Life-threatening hazards in confined spaces:

* Toxic substances
* Electrocutions
* Explosions
* Asphyxiation

Mr. Kolberg will outline the new OSHA requirements affecting contractors who perform confined space entry.

***Use this information to spark some questions and bring those questions with you to the next lunch and learn.***

*Do you have a Safety related Question you would like to send out to the NRASP membership group? Submit your safety related question to* [nraspsafetypros@gmail.com](mailto:nraspsafetypros@gmail.com) *. All questions will be monitored and then sent out to the NRASP membership. Results to be posted on the NRASP website. More details coming soon.*