

HEALTH TIPS

Consejos de Salud

How I Helped a Friend with a Cardiac Arrest

I am Alberto, and this is my story. Tito and I work at Onion Creek Farm. Last weekend, Tito and I were playing football with other coworkers. We were all running behind the ball and suddenly Tito fell. He was completely out. I had watched a video on Cardiopulmonary Resuscitation (CPR) during my training at work and remembered the steps to help someone in this situation. So, I rolled Tito over on his back and started doing it...



What is sudden cardiac arrest?

It is when the heart does not work well and stops beating. The heart does not work well because it beats too fast, or too slow, or with an irregular rhythm. When this happens, the heart all of a sudden, may stop pumping blood to the brain, heart or other organs of the body.

Cardiac arrest is an emergency. A person with a sudden cardiac arrest may die if he/she does not get help within minutes.

Who can get a sudden cardiac arrest?

People who have heart disease have more chances of getting a sudden cardiac arrest. It can also happen in people who look healthy and have no known heart disease.

What are the signs and symptoms of sudden cardiac arrest?

First, the person faints. Seconds later, the person is not breathing. If you strongly tap their shoulder and ask "are you ok?" he/she will not respond. At the same time, you cannot feel a heartbeat or pulse.

Before they faint, a person may:

- have a racing heartbeat or
- feel dizzy or
- feel light-headed



What can you do if someone has a sudden cardiac arrest?

If an adolescent or an adult suddenly passes out, or if you find a person already unconscious and they do not respond, you should:

1 Yell for help



Call 911 or have someone to call 911 and get an Automated External Defibrillator or AED.

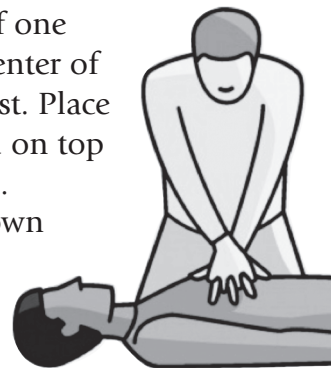
2 Check breathing



If the person isn't breathing or is only gasping, give CPR.

3 To give CPR – Push hard and push fast:

- Place the heel of one hand over the center of the person's chest. Place your other hand on top of the first hand.
- Push straight down on the chest at least 2 inches (5 centimeters). Push hard 100 times in a minute.
- Keep pushing until the person starts to breathe or move or help arrives.



Note: Use the AED as soon as the other person brings it to you. Turn on the AED. You will hear a voice with the instructions you need to follow. Using an AED early helps the person with the cardiac arrest to have a better chance to survive.

AED



Two minutes later an ambulance arrived and took Tito to the hospital. Tito went through surgery. Now he is fine. He takes his medicine and visits the doctor regularly to stay healthy and working.

That day, we learned how important it is to know how to give CPR. The first aid training we got at work helped me to save Tito's life. He says I'm his hero. I'm just glad I was there to help.

**To learn how to give CPR, watch this video at:
<https://youtu.be/cosVBV96E2g>**



A Publication of the National Center for Farmworker Health

HEALTH TIPS

Consejos de Salud

First Aid In Case Of Choking



Have you ever been next to a person who eats a piece of food and it gets stuck in his throat and blocks the flow of air? This person may start coughing with force. But in a few minutes, he may be breathing normally. What if that person can no longer cough, speak or breathe, and his skin, lips and nails start to turn blue? Yes, this is what happens when a person is choking. You can help by using back blows and abdominal thrusts. Here is what you can do:

Back Blows:

- Stand behind the person and bend him forward at the waist.
- With the heel of your hand, give 5 back blows between the shoulder blades.



Abdominal Thrusts:



- Wrap your arms around the waist and bend the person forward slightly.
- Make a fist with one hand.
- Hold the fist with the other hand. Press hard into the stomach with a quick push going up — as if trying to lift the person up.
- Do this 5 times, if needed.
- If the person cannot cough up the object, call 911 or have someone to call 911 while you continue to give first aid.

HEALTH TIPS

If you need to help a pregnant woman or a person who is over weight:

1. Wrap your arms around the person, but place your hands above the stomach, right below the chest. Bend the person forward slightly.
2. Make a fist and hold the fist with your other hand.
3. Press hard into the chest, with a quick push going up.
4. Do it again until the food or object is coughed up.



If you are alone and choking:

1. Call 911 right away.
2. Then place a fist just above your belly button.
3. Hold your fist with the other hand and bend over a hard surface like a countertop or a chair.
4. Push your fist up and into your stomach.

To learn how to give first aid in case of choking watch these videos

For Adults

http://con1.classes.redcross.org/learningcontent/PHSS/PHSS/Flanker/flanker_p6/lesson4/video_conscious_choking_adult.html

For pregnant woman or an over weight person:

<https://www.youtube.com/watch?v=HguaeoiZxwCE>



A Publication of the National Center for Farmworker Health

HEALTH TIPS Consejos de Salud

What to Do When You Have Low Blood Sugar

Marcos works as a pesticide sprayer and he is also the driver of the pesticide crew. Today has been a hard day at work. He did not have time to eat his lunch and is very tired from all the physical work he did.

Now it's time to head back to the motel. As Marcos starts walking toward the van, Luis, his friend, notices that Marcos is walking from side to side.

Luis yells at Marcos, but he does not respond. Luis runs after Marcos and sees him confused, sweating and trembling. Luis asks Marcos – Are you ok? He slowly responds – No, I do not feel my legs and I cannot see well.

Luis knows Marcos has diabetes. He sits Marcos down and gives him a fruit juice. After 15 minutes, Luis helps Marcos check his blood sugar level. It is better, but still low. Luis gives Marcos more juice and waits 15 more minutes. They check the blood sugar level again and it is now fine.



Marcos: I am sorry I put you through this my friend. I was so busy today that I forgot to eat my lunch. I also think I worked harder than usual and used up more energy.

Luis: Don't worry about it right now. Just promise me you will not skip any meals again. You should also check your blood sugar throughout the day, just like your doctor taught you.

Marcos: Yes, I will Luis.

Luis: I am happy this didn't happen while you were driving.

Marcos: Yes, me too. I need to be careful. I need to visit my doctor and find a better way to control my blood sugar while I am working. Thanks for helping me!



To be safe behind the wheel

1. Check your blood sugar before driving.
2. Take regular breaks to check your blood sugar on long drives.
3. Keep your blood sugar meter and snacks handy.
4. Pull over if you feel sick. Check your sugar and treat it if it is low.
5. Continue driving only if your blood sugar is fine.
6. Never drink and drive.
7. Wear a medical ID bracelet or necklace.



Stories like Marco's can happen at any time. He had hypoglycemia, a condition where the blood sugar drops to a very low level. It is very important to recognize the symptoms of hypoglycemia and treat them on time before the person passes out or has a seizure.

Here is what you do again:

- Have the person eat or drink 15-20 grams of carbohydrates. For example:
- ½ cup of juice or regular soda, or
- 1 tablespoon of sugar, or honey, or
- 2 tablespoons or one small box of raisins
- 6 or 7 small pieces of hard candies
- Check the blood sugar again after 15 minutes
- If the sugar level is still low, have the person eat or drink 15 more grams of one of these foods.



If the person you are helping does not have a glucose meter to check their blood sugar level, treat the symptoms anyway. If the person does not improve, passes out, or has a seizure call 911 right away.



A Publication of the National Center for Farmworker Health

HEALTH TIPS

Consejos de Salud

Heat Stroke Is an Emergency!



Hace calor hoy. Ten cuidado hijo; no te enfermes por el calor.
It's hot today. Be careful son; don't get sick from the heat.

¡No hace tanto calor mamá!
It's not that hot, mom.

Hijo, el calor del sol y el calor que produce tu cuerpo mientras trabajas, pueden hacer que te enfermes.
Son, the heat from the sun and the heat your body produces while you work, can make you sick.

Por eso necesitas tomar agua a menudo y descansar de vez en cuando, sobre todo cuando trabajas duro.
That is why you need to drink water often and rest every now and then, especially when you are working hard.



En el trabajo...
At work...

Más tarde Carlos se siente débil y mareado. De repente...
Later Carlos feels weak and dizzy. Suddenly...

Carlos, toma agua. Eso ayuda a que tu cuerpo maneje mejor con el calor para que puedas trabajar todo el día.
Carlos, drink water. It will help your body handle the heat so you can work all day.

¡No, gracias! No me gusta el agua fría.
No thanks! I do not like cold water.

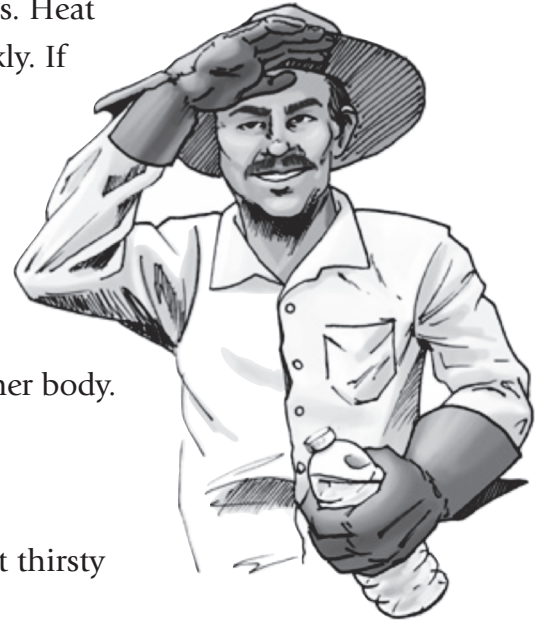
¿Qué le pasa a Carlos? ...
What's happening to Carlos...

Tiene escalofríos y está confundido, ni siquiera puede hablar bien.
He has chills and is confused, he cannot even speak well.

How would you help Carlos if you were in this situation?

When heat stroke happens, the temperature of the body can go up to 106 degrees Fahrenheit or higher within 10 to 15 minutes. Heat stroke can cause death if the person does not get help quickly. If someone has heat stroke you should:

- Call 911 and tell your supervisor.
- While help is on the way:
 - Move worker to a cool shaded area.
 - If the person is conscious, give him/her water.
 - If possible, soak his/her clothes with water and fan his/her body.



Keep yourself safe at work!

- Drink a cup of water every 15 minutes even if you are not thirsty
- Take rest breaks
- Limit drinks with alcohol, caffeine or sugar