Student Revived By SRO, Nurse After His Heart Stopped

The nurse applied an automatic external defibrillator while the school resource officer continued with chest compressions.

October 21, 2019  CS Staff

A Florida school resource officer and nurse saved the life of a student after his heart stopped during a dodgeball game.

Eighth-grader M.J. Crumity was playing dodgeball in his gym class at Madison County Central School on Oct. 1 when he collapsed on a bench and went into cardiac arrest, CNN reports.

School Resource Officer Sergeant Joey Knight was preparing to direct school traffic when he got a call that a student was having a seizure.

“I bolted to my truck or my patrol vehicle and drove down to the gym to find him unresponsive lying on the gym floor,” recalled Knight.

As Knight began performing CPR, school nurse Annie Dyke arrived with an automatic external defibrillator (AED).

“They are saying, 'He is not breathing,' and you are just saying, 'I got to get there, got to get there, got to get there,'” Dyke said.

As Dyke applied the AED, Knight continued with chest compressions. Crumity became responsive and was transported to the hospital.

Crumity has hypertrophic cardiomyopathy, a heart condition in which the heart muscle is too thick, making it difficult for the heart to pump blood.

Crumity’s mother, Stacy Davis, said she first started seeing signs of her son having difficulty breathing when he was 3-years-old. In 2008, he had open-heart surgery to install a pacemaker and cut out muscle around the heart. Until that day, the pacemaker had done its job.

“For some reason, it didn’t shock him back when he needed it,” said Stacy. “I can say if it wasn’t for them, he would not be alive. Even the doctor says the reactionary time was what made a difference.”

Just six days later, Crumity returned to school with a reprogrammed pacemaker and adjusted medication.
Knight said he’s “proud to see M.J. walking around,” and he feels an urge to check in on him every day.

Davis said the check-ins are helping her shy son start to open up more.

What a great reminder that, when we’re prepared, we can influence outcomes. . . sometimes for the good. Note the AED trainings available this spring on page 2. Bob

Snapshot: High School Students Can Save Lives Too

Severe bleeding from traumatic injuries during disasters or accidents can lead to death in as little as five minutes. People can save lives if they act fast to stop the bleeding until medical help arrives. Now, with new training, high-school-age children will also know exactly what to do in an emergency.

The Department of Homeland Security (DHS) Science and Technology Directorate (S&T) and the Federal Emergency Management Agency (FEMA) awarded $2.3 million over a three-year period to the Uniformed Services University’s (USU) National Center for Disaster Medicine and Public Health (NCDMPH) to develop lifesaving trauma training for high-school-age students last year. The training, called First Aid for Severe Trauma (FAST), offers students no-cost guidance on how to treat traumatic injuries and control severe bleeding until first responders arrive on the scene.

“FAST has the potential to save countless lives by empowering our high-school-age students with critical first aid knowledge for life, so they can care for those in distress until help arrives,” said William N. Bryan, Senior Official Performing the Duties of the Under Secretary for Science and Technology.

From: U.S. Department of Homeland Security Science and Technology Snapshot

Orange Folders. . .

Along with the red folders with readiness information, Anthony Appleton, Research Safety Coordinator, has developed an orange folder with similar information for those of operate or support laboratory research. Here’s some information from Anthony about the folders:
Here is the link to the digital version of the Orange Folder:
https://www.research.colostate.edu/research-safety-culture/orange-folder/
If anyone has a safety concern, the link is at the top of the main page:
https://www.research.colostate.edu/research-safety-culture/
Also, on the main page is a Request for a Safety Service Consultation, which is FREE and open for anyone to make a request.

Have a great day!

Anthony Appleton, PhD
Research Safety Culture Coordinator
Office of the Vice President for Research
Anthony.Appleton@colostate.edu | 970-491-2015

Awareness, Your Best Tool
Some of you have learned in Ready Colorado State classes, and from training offered by CSU PD, that awareness is your best safety tool. So, what does that mean?

Observation, Mental Readiness, Rehearsal, and an Action Mindset are required.

Observation means the practiced ability to scan every environment in 360 degrees both horizontally and vertically. What is all around you, above you, and below you? In every environment you should establish a ‘baseline normal’; what do you expect and what normally takes place or is seen in the environment you’re in? Once you know ‘what’s normal’ be always vigilant for anomalies – the object that doesn't belong there; that person who isn’t dressed for the situation – why not? Note the feeling of the people around you – relaxed, having fun, tense, angry, etc. and determine whether the ‘atmosphere’ of the situation feels right. If not, back away and be ready to protect yourself!

Mental Readiness and Rehearsal go hand-in-hand. You should always have a pre-scripted plan as you enter any situation. For example, where are the entries and exits? What safety devices (extinguisher, AED, hydrants, etc.) are readily available? Are there places to hide if something bad happens? Does my cell phone have signal or is there a public phone nearby? Things like that. Once you know your environment, think through an exit strategy and one or two situations that could arise. For example, if an angry customer becomes hostile, what actions will I take for safety? If I’m paying for food or fuel and someone walks in with a gun, where can I run to safety?
or, if that’s not an option, where can I hide till the threat is over?

Along with all these skills, an Action Mindset is a critical skill to develop and routinely practice. If anything makes you uncomfortable (Professor Jennifer Hesterman calls it ‘those subconscious bits and pieces that raise questions in your mind’), TAKE ACTION WITHOUT HESITATION. We all have a normalcy bias – “Oh, it’s just this business.” “Oh, that’s just the way he/she behaves.” and that state of mind, denial, can delay our reactions allowing us to be injured or worse. If it doesn’t seem or feel right, do something to protect yourself! You can always laugh with our friends and family if it turns out being an over-reaction. I think we’d all rather be a little embarrassed than have something happen to friends, family, or ourselves.

Stay safe! Be aware!

2019-2020 CPR/AED Courses
Colorado State University
CPR/AED Program
American Red Cross Adult, Child & Infant
CPR, AED and First Aid

November: 18, 2019—8:00am to 12:30pm
December: 17, 2019—12:30pm to 5:00pm
January: 19, 2020—12:30pm to 5:00pm
February: 10, 2020—8:00am to 12:30p
March: 26, 2020—12:30pm to 5:00pm
April: 27, 2020—12:30pm to 5:00pm
May: 26, 2020—8:00am to 12:30p

Classes are now only $50
Affordable and Convenient

Twitter @CSUAED
Facebook: CSU AED & CPR Program

Please contact us for more information:
Phone: 970-491-6745
Email: AED@colostate.edu
http://rmi.prep.colostate.edu/aedcpr/training-registration/
Setting Expectations for Spring

In all the classes we teach I/we try to be cognizant of peoples' needs, abilities, and learning styles and to be supportive in providing energetic training and open discussions. Some of the content related to being safe, prepared, and secure is not ‘fun stuff’ and in recent evaluations I’ve learned that some people are uncomfortable with, even offended by, the content of safety presentations.

As I said, I/we like to be positive and supportive in trainings, but to be less than direct and as accurate as possible with the information and skills we/I share in the interest of safety and readiness would be a disservice to those who wish to be 'Aware, Not Scared' on our campus.

I’m always open to feedback about improving our classes to meet YOUR needs, but possibly some folks aren’t ready to face the issues and concerns we discuss, and, quite possibly, others have experienced tragedies of this nature and may be drawn into recalling the pain of those events. While that is never my goal, it is their reality and I respect that. I ask that people in these situations let me know before classes what I/we need to be cognizant of while training and what impacts this area of content may have. If, after any class, someone simply needs to talk and ‘download’ an experience or residual feelings related to an event that has happened, we will make the time to listen, empathize, and if needed identify resources that may be helpful.

Thank you all for your support and interest in readiness over these last dozen years, and to our great training team for sharing their expertise and insights as well as their hearts for all our safety.

Best to you all as we start a new year,
Bob

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A Safety and Security Quiz

From Campus Safety eMagazine’s Campus Security Mistakes

#1 What’s wrong with this picture? Scroll down to see the answer.

#2 What’s wrong with this picture? Scroll down to see the answer.
#1 These items are stacked too high and could pose a gravity hazard. It also poses a fire hazard in a sprinkler-equipped building. Items should not be stored close to the ceiling because they could block sprinkler access or create a fire load too close to the ceiling.

#2 The following items were found in this unattended office during a school security assessment: portable radio, cell phone with sensitive information, access to a confidential student database and a purse.  
*Photos from: Safe Havens International*

*Don’t forget, we’re all responsible for the safety of our facilities, ourselves, and each other. Keep an eye out for those ‘everyday’ practices that could cause harm and let someone know so they can be corrected. Thanks for your vigilance! Bob and the Training Team*

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**Emergency Preparedness**

**FEMA Podcast: Teaching Children What to do in an Emergency**

The Federal Emergency Management Agency (FEMA) produces a podcast series for anyone interested in learning more about the agency, hearing about innovation in the field of emergency management and/or listening to stories about communities and individuals recovering after disasters. This episode of the FEMA Podcast features a roundtable discussion with members of the FEMA team, who discuss the important role children can play in building a culture of preparedness.

*From: Child Care Aware® of America*
A Final Note from FEMA

Resolve to Be Ready
New year, new resolution! In 2020, why not add a preparedness plan to your resolution list? FEMA asked the public about preparedness actions in the 2018 National Household Survey (NHS). Of the six actions listed below, nearly all respondents (94%) took at least one, but only 56% took three or more actions.

Basic preparedness actions included in the survey were:
- Attending a preparedness meeting or training
- Talking to others about preparedness
- Developing an emergency plan
- Seeking information
- Taking part in a drill
- Stocking supplies to last 3+ days

Stocking supplies to last at least three days was the most common preparedness action, with about 81% of people doing so. Consider picking up a few extra items at the store to make sure your household is prepared in 2020!

See what other questions FEMA asked and results of the 2018 NHS here.

Ready Colorado State Newsletter is published six times each year – January, March, May, July, September, and November and distributed to your Building Proctors. It includes information
from Building Proctors, campus staff and faculty, from businesses and professional groups and publications, government sources, and from other campuses throughout Colorado and Wyoming. These articles are put together by your Ready CSU Training Team, a campus wide coalition of peers concerned about preparedness, safety, and YOU.

Check with your proctor to see what’s up in readiness here at CSU!

This is your publication: if you have information that may be included here for the benefit of your fellow proctors, please send it to Bob Chaffee at Training and Organizational Development at this email address: bob.chaffee@colostate.edu