



Division of Occupational Safety and Health

September 2013

2013 Lifesaving Award recipients - 62nd Governor's Industrial Safety and Health Conference

(Listed by recipient name and employer)

Chris Baker - Department of Labor & Industries, Tumwater

On an otherwise normal Friday afternoon last August, an employee at Department of Labor & Industries was unaware that she was having an acute allergic reaction, known as anaphylactic shock, after eating her favorite Thai food. Not feeling well, she asked if she could leave. Luckily, before she could leave, coworker Chris Baker noticed that she was purple with white spots and clutching her throat and gasping for air. Chris sprang into immediate action and directed someone to call 911, while keeping her coworker calm. Other safety staff attended the distressed employee until medics arrived and administered oxygen and were able to stabilize her blood pressure. If Chris Baker had not been aware of what was happening and acted promptly, her coworker may have died that day.

Rodney Graviett, Washington State Convention Center, Seattle

Rodney Graviett, a security officer for the Washington State Convention Center, was home with his family on a Monday morning last May when he heard yelling and children screaming from an adjoining apartment. When the sounds escalated and he heard someone being slapped, Rodney called 911. While waiting outside to direct the police, one of the neighbor children told him her grandmother was on the kitchen floor and wouldn't wake up. Rodney was first-aid trained, so he rushed to help. He assessed the situation and saw that the victim's lips were blue and her skin ashen, so he performed CPR until help arrived. The grandmother was revived and taken to the hospital, having had a massive stroke. Sadly, she passed away two weeks later. Rodney was awarded the Humanitarian Award for his quick response and willingness to help.

Timothy Crawford, Grant County P.U.D.

A usual day at work turned out to be anything but usual when **Timothy Crawford**, an employee at Grant County P.U.D., realized his coworker was choking on a piece of apple. Timothy immediately rendered assistance and began abdominal thrusts to clear the man's airway. It took almost five terrifying minutes to dislodge the piece of apple and the coworker to return to normal. Thanks to Timothy's awareness and first-aid training, he saved a life that day. Our next recipient sprung into action when he saw his lifeless coworker under an all-terrain vehicle.

José Diaz, AgriMACS, Pateros

José Diaz, an employee of AgriMACS, came upon his injured coworker who had hit a pile of gravel and flipped his ATV. The ATV had landed on top of the victim. José assessed his coworker's condition and realized he was not breathing. He began CPR with breaths and chest compressions and continued for about 2-3 minutes. The victim began to breathe on his own. Thanks to José's quick action, his coworker's life was saved that day.

John Dozier, Nick Powers, Jackie Bowne, Thomas Anderson, Ashley Reynolds, Lee Poaster, Nick Powers - 24-Hour Fitness, Bellevue

The team at 24-Hour Fitness in Bellevue responded successfully using CPR/AED to TWO life-threatening medical emergencies that occurred in the club within a single 24-hour period - helping to save the lives of two gym members. The first event occurred when a member suffered a heart attack while playing racquetball. The very next day, another member suffered a heart attack during a Zumba class. The team that took quick action during the first event included **John Dozier, Nick Powers, Jackie Bowne, and Thomas Anderson. Ashley Reynolds, Lee Poaster, and Nick Powers responded to the second event.**

Sal Escamilla, Jr., Bob Carlsen, Travis Barrett, Joe Lewis - Potelco, Sumner

Last November, Potelco employees Sal Escamilla, Jr., Bob Carlsen, Travis Barrett and Joe Lewis were finishing their fiber optic cable wire pulls from the previous night. Sal and Joe were driving out of the substation when Travis called to say that the AED unit in their vehicle was needed a short distance away. When they arrived, a man was yelling for someone to help his coworker, who was slumped over the steering wheel of his vehicle, unresponsive. The crew got the man out of the vehicle and onto the ground and hooked him up to the AED. The AED unit determined that the victim needed a shock and administered a single shock. The man's heart started beating again. Shortly after, paramedics arrived at the scene and took over. According to Bellevue Fire Department, Sal, Bob, Travis and Joe's quick response and training made all the difference for this heart attack victim.

Richard Pidduck, Sheila Sage, Jeffrey Hunter - The Boeing Company

On Feb. 11, three Boeing employees were alerted that their coworker was having trouble breathing. Richard Pidduck called Boeing Emergency and gave them the patient information and the location details. The victim was assessed, and it was determined that he had stopped breathing. Sheila Sage started CPR and Richard took over for Sheila until a third employee, Jeffrey Hunter, arrived on scene with an AED unit. Their coworker had suffered a heart attack, and all of their actions together were necessary to save his life.

Shane Pegram, Adrian Fernandez, Felipe Barragan - Department of Natural Resources

One day last May while participating in a work capacity test, a Department of Natural Resource Specialist Fire Forester collapsed. Shane Pegram, Adrian Fernandez, and Felipe Barragan ran to his aid. After determining that the victim was unresponsive, not breathing, and didn't have a pulse, they began CPR. Adrian began giving the victim air, while Felipe and Shane hooked up an AED. Shane started chest compressions while Adrian continued to give oxygen and monitor his vitals. The AED shocked twice before the ambulance arrived. The victim was transported to the Forks Hospital and then airlifted to Harrison Hospital in Bremerton, where it was determined he had suffered a heart attack due to a blocked artery. He is expected to make a full recovery.

Gerry Myklebust, Robert Skitt, Wendy Zeeb, Robert Millard, Mike Halcomb, Daryl Chadderton, Brenda Foster, Iona Akelipa, Paul Lyon - Seattle Mariners

On April 4, several of the behind-the-scenes Seattle Mariner's staff got their chance to "step up to the plate" and be true heroes. Gerry Myklebust got a phone call that there was an employee with a medical problem. When Gerry arrived at the location, he found the victim lying on his side at the front of the classroom. He did a quick assessment of the man's vitals and determined that he had probably suffered a heart attack. Shortly after, he was unable to detect any vital signs in the man. Gerry initiated the AED and took control. After the victim

was shocked with the AED unit, Robert Skitt, Wendy Zeeb and, Robert Millard provided CPR until he was breathing on his own. Mike Halcomb, Daryl Chadderdon and Brenda Foster cleared and secured the area, while Iona Akelipa and Paul Lyon waited for the emergency responders and directed them to the location.

Brian Bovetz, Ryan Stringfellow - King County Metro Transit

Early in the morning of May 5, a car heading north on I-5 veered off the highway onto the grassy slope of the off ramp, eventually flipping and falling several feet over the edge onto the lower ramp and landing upside down. The windows were shattered and the roof was crushed in. Fire broke out in the engine compartment. Luckily for that driver, King County Metro Transit employees Brian Bovetz and Ryan Stringfellow were on their way to work when it happened. Brian pulled the driver from the car by ripping the panels of the door apart and moving the broken glass away. Ryan extinguished the fire, while the injured driver was moved to a safe location and treated until medics arrived. This scenario could have ended very differently if Brian and Ryan had not been willing to rush in and help.

Lydia Eldfrick - Sno-Isle Libraries, Oak Harbor

Lydia Eldfrick had just returned to the Oak Harbor Library from her dinner break when suddenly a woman came in and loudly asked if anyone there knew CPR. Having completed her training through Sno-Isle Libraries in February, Lydia immediately went with the woman while another person called 911. The victim was lying down the hall, and when Lydia checked, he didn't have a pulse and wasn't breathing. She started chest compressions and asked for someone to get an AED. When they got the AED, the unit said "charge suggested," so she hit the button and jolted him. A nurse arrived and took over until the medics arrived. Later they heard that the victim - a man in his 60s and a student at the college - was in stable condition at the local hospital.

Robert D. Harrison, The Boeing Company

One August day last year, Robert D. Harrison and a group of Boeing employees were on an evacuation drill on the lawn at the Boeing Auburn property, when a coworker began having a seizure. Rob saw that the man was ashen grey and realized the condition was more than a seizure. He checked for a response, but there was none. The victim then quickly turned blue, and Rob knew that he had to start start CPR immediately. The victim took some breaths, then stopped again. Rob continued CPR until help arrived. The man was taken to the hospital, where he recovered. Rob feels very lucky to have been in the right place at the right time - especially since he had just renewed his CPR through Boeing a few months earlier.

Clark Kellogg, Curt Lichtenstein, Isaac White, Steven Klopp - Anderson Environmental Contracting, LLC, Kelso

A crew from Anderson Environmental Contracting, LLC, was completing work at a jobsite last June. Earlier, one of the crew had told Clark Kellogg that he hadn't slept well and was feeling some chest and neck pain. Moments later, he collapsed. Clark saw him collapse and told Curt Lichtenstein to let Isaac White and Steven Klopp know of the situation. Isaac ran over to the victim and immediately began to clear his airway the best he could. Curt ran to contact 911. Steven Klopp immediately began CPR and rescue breathing. Steven and Clark began taking turns performing CPR. Curt ran to the end of the road to watch for the emergency responders. Steven and Clark performed CPR for about 15 minutes before the medics arrived and took over. After about 20 additional minutes, the man regained a pulse and was airlifted to the hospital. The four found out later that their coworker had suffered a

major heart attack. The cardiologist said that if Steven and Clark had not reacted so quickly, the outcome would have been very different.

Max Chabo, Tacoma Rail Capital Division

On July 31, 2012, A Tacoma Rail Capital Division train operating in Olympia had just entered a tunnel near Capital Lake. As the locomotive headlight shone into the dark portal of the tunnel, conductor Max Chabo noticed something on the track ahead. After a moment, he saw that it was a man. Max threw the emergency handle to try and stop the train, but it was obvious that the train could not stop before running over the man. Max leapt from his seat in the engine and bolted out the front door, climbed down the stairs and hit the ground running. Risking his own life, Max ran ahead of the moving locomotive to get to the man's aid. In the nick of time, he grabbed the man by the back of his coat and dragged him away from the approaching train. There was no time or room in the tunnel to pull him off to the side of the track, so Max dragged him straight away from the approaching train. When the train finally stopped, the front of the locomotive was over the man's legs. Max had dragged the man about 20 feet and kept him from going under the train.

Jocelyn Costello, Ross Trevino - The Boeing Company

An employee was running on a fitness center treadmill when all of a sudden he collapsed, suffering a heart attack. Boeing fitness center professionals Jocelyn Costello and Ross Trevino saw him collapse and sprang into action. Jocelyn called 911 when she couldn't detect a pulse. She performed chest compressions and rescue breathing while Ross readied the AED unit. With the help of the AED, the victim's heart began to beat. He was breathing and responsive by the time the paramedics arrived. He was rushed to the hospital, where it was discovered he had a heart blockage. Thanks to Jocelyn and Ross's quick action, the victim did not suffer any heart damage and recovered from the surgery quickly. Amazingly, he was able to run a marathon this year.

Three companies also received an award for making it possible for their employees to be lifesaving heroes when the need arose.

Anderson Environmental Contracting, LLC, Kelso

Anderson Environmental Contracting goes above and beyond the first-aid and CPR training requirements. The company makes everyone who gets hired there take the training as a condition of employment. Fortunately, the recent incident was the first time CPR was needed to save one of their crew.

24-Hour Fitness, Bellevue

24-Hour Fitness is not in a hazardous industry. However, this company recognizes that many people push their physical limits at the gym, and sometimes emergencies happen. That's why all employees are required to be first aid/CPR and AED certified. Because of that, employees were able to save two lives in less than a day.

Potelco, Sumner

Potelco employees work in a hazardous industry and many times their trucks are in remote areas where emergencies can arise. In those cases, immediate action is necessary, sometimes going beyond first aid and CPR. That's why Potelco requires every truck to be equipped with an AED unit and the drivers trained to use it. The company's vision and commitment to safety helped save the life of one of its own employees this year.