

Paramedics say strokes sometimes have warning symptoms

In Western Lane County Oregon, Western Lane Ambulance District (WLAD) has the ambulance service area and responds to all potential emergency calls for service involving potential Strokes.

Once Paramedics and EMTs arrive at the stroke patient's location, they immediately begin assessing the seriousness of the patient's condition.

The patient's level of consciousness will oftentimes determine the severity of the stroke.

If the patient is unconscious,

this can often point towards a very serious and critical stage.

Indicating that the patient requires immediate rapid transport to the nearest appropriate medical facility.

If the patient is conscious, yet confused — this also could show a potentially serious stroke.

The medical crew will then assess the patient's blood sugar level and see if a diabetic condition may also be involved.

If the patient is alert and oriented as per his or her normal mental state, then medics will

look at other potential indicators.

These include symptoms such as facial drooping, unequal and slow to react pupils, slurred speech, headache, weakness in one arm or leg, or any other signs or symptoms of a stroke.

During the exam and assessment process, the medical crew is also busy gathering the patient's vital signs, such as breathing rate and depth, pulse rate, blood pressure and oxygen saturation levels.

If the patient is unconscious, semi-conscious, or struggling to

breath, medics will assist the patient with this however necessary — whether by endotracheal intubation in case of unconsciousness or by oxygen masks, or nasal cannula if the patient is conscious but having breathing difficulty.

Then the patient will placed on an EKG machine to determine a heart rhythm and will also be assessed to make sure the patient isn't having heart problems in addition to a possible stroke.

Then an IV catheter will be placed in the patient's arm if

the need for medication or IV fluids becomes necessary.

There may be extenuating circumstances where the patient could be sent to a Regional Medical Center such as Riverbend Hospital in Springfield.

Medics will call a Stroke Alert prior to ED arrival, so the ED staff can prepare for the patient's arrival, including

quicker access to the CT scanner.

Medics will radio the patient's condition, vital signs, estimated time of arrival, and other pertinent information.

For more information on strokes, contact Western Lane Ambulance District, 410 Ninth St. in Florence, or call 541-997-9614

Is the home office a workplace Hazard?

For many Oregon businesses, telecommuting employees are becoming more and more common. But what if a worker has an accident while working at home? Are they covered by workers' comp?

Often, the answer is "yes."

Consider reminding any telecommuting employees about the importance of an organized home workspace.

While we can't reduce your risk of getting interrupted by your kids while you work from home, we can help reduce your risk of an injury with these tips:

- **Choose a fully adjustable chair.** Your feet should be flat on the floor with your upper legs horizontal to the floor. Make sure your chair supports the curve of your lower back, and use a lumbar support or pillow if needed.

- **Adjust your monitor.** The screen should be at about arm's length away, with the top third at eye level. Try using books or reams of paper to bring your monitor to the best viewing height.

- **If you use a laptop as your primary work computer.** Consider adding a separate monitor, keyboard, and mouse.

- **Provide adequate lighting.** Warm ambient lighting is good for computer work; cool task lighting is ideal for reading and writing on paper.

- **Get up and move.** You may lose track of time and sit for too long, so schedule breaks to walk, stretch, and spend time away from your computer screen.

- **Clear the clutter.** Make sure your workspace is free of tripping hazards. Secure cords and remove any obstacles from walkways.

SAIF is Oregon's not-for-

profit workers' compensation insurance company.

For more than 100 years, SAIF has been taking care of injured workers, helping people get back to work and striving to make Oregon the safest and healthiest place to work.

For more information, contact Lauren Casler at laucas@saif.com or call her at 503-373-8615



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SWC announces dates for hands-on summer camp

The Siuslaw Watershed Council is pleased to announce summer camp dates for students entering fourth grade through high school.

This year, SWC is offering one camp for these age groups on June 26 through 29. Eligible students are encouraged to be a part of exploring the Siuslaw watershed's many rivers, streams, and lakes.

During the camp participants travel throughout the Siuslaw Watershed learning about plants, animals, water and land. Classes focus on the restoration work that is being done to keep the watershed healthy.

Cost to attend the SWC Camp is \$75 from June 26 through 29 and scholarships are available. Registration packets are available at siuslaw.org/camps, or call 541-268-3044.

Camps are made possible with funding from Siuslaw National Forest Stewardship, Western Lane Community Foundation, in partnership with Siuslaw School District, and through private donations.