

September 2014

2014 Lifesaving Award Recipients - 63rd Governor's Industrial Safety and Health Conference

(Listed by recipient name and employer)

Cindy Bowen-Lorrain, Darren Davis, Todd Melton, Chris Shimer, Daniel Martyn Chelan County Public Utility District, Chelan County

On Dec. 1, 2013, a Rocky Reach Dam plant wireman was on his way in for morning break when another plant wireman, **Darren Davis**, saw him kneeling down on one knee in the shop. The man said he was a little lightheaded and admitted he had some tightness in his chest. His co-workers checked his pulse and **Chris Shimer**, a trained EMT, stayed with him for a while, during which time he said he was feeling better. But a short time later, he became unresponsive. Chris immediately called the forman, **Cindy Bowen-Lorrain**, to help. They summoned the crew, got an AED and oxygen kit and called 911. As they prepared to apply the AED, Darren started CPR compressions. **Todd Melton** and **Daniel Davis** arrived and kept time for the CPR. They continued CPR, and then used the AED to perform an assessment. It indicated "shock advised." Chris administered a shock, while Darren restarted CPR compressions. After a couple of rounds, the stricken man began to move his arms slightly in response to the CPR compressions. They continued to care for him as he regained consciousness and began to respond to questions. Medics arrived shortly to transport the victim to the hospital. He was discharged on the third day in good condition.

Mark Anthony "Tony" Nigh City Glass & Upholstery, Inc., Tacoma

On the afternoon of May 23, 2014, Mark Nigh and his son Tony Nigh had just finished installing some windows at the Winthrop Apartments in Tacoma. They exited the building to get in their truck, which had its flashers on. That is when disaster struck. Mark was standing behind the truck closing the back door, when suddenly a car speeding down the street ran into him, severing both legs instantly. Without hesitation, Tony began first aid. He gathered belts to use as tourniquets to try and stop the loss of blood. He stayed calm, trying to reassure his father that help was on the way. Although Tony did the right things as quickly as he could, unfortunately his father passed away two days later. This emergency would be difficult for anyone, but it was that much more tragic that it was father and son. Tony's ability to react to the situation in the manner he did is truly commendable.

Mark Wolff and Robert L. Evans

Washington State Department of Transportation, King County

Department of Transportation workers **Rob Evans** and **Mark Wolff** stopped at a West Valley off-ramp. When they got out of the truck, a woman on a cell phone came up to them and pointed down at a pond, where a car was upside down in the water. She said she was on the phone with 911 and that a man was trapped in the car underwater. They headed down to the submerged car, struggling through thick blackberry brush. Other passengers had made it out, but the driver was trapped. Rob made it to the water and disappeared into the car. At this time an Auburn police officer arrived on the scene and went to the water's edge. Rob got the driver out of the car, and Mark and the officer helped drag him up onto the bank. The driver was not breathing and did not have a pulse. The officer started chest compressions on the driver while the passengers were sitting next to the edge of the road. Medics arrived in just a few minutes. As they loaded him into the ambulance, the victim had a pulse and was

breathing on his own. Without the quick action of these two heroes, a life probably would have been lost that day.

James Berns

Washington State Department of Social and Health Services, Olympia

Emergency coordinator Jamie Berns came to the rescue and delivered the Heimlich maneuver to a stricken co-worker. Jamie has long been an active supporter of first aid/CPR and AED training. He takes his Emergency Coordinator role seriously, planning and preparing for the worst to ensure the safety of staff. Fortunately for the co-worker, Jamie was prepared!

Thomas Serra, Deena Wilson, Mara Osborn and Sgt. Kevin Bell, Tumwater

Washington State Department of Labor & Industries and Washington State Patrol

Right after lunch on March 12, 2014, an L&I employee suddenly collapsed, unconscious and struggling to breathe. L&I employees **Thomas Serra** and **Deena Wilson**, both first-aid trained, were the first to respond while 911 was called. They began rescue breathing when they determined it was needed. Shortly after, **Mara Osborn**, a trained EMT, was called to the area. She examined the man and saw that he was struggling to breathe and his pulse was fading. While waiting for the AED, she continued to manage his airway. **Sgt. Kevin Bell** of the Washington State Patrol arrived with the AED and assisted Mara in administering it. Paramedics arrived and transported the victim to the hospital. He has since recovered and returned to work. His survival is a direct result of the prompt actions of these individuals. Each was prepared use their CPR and AED training without hesitation to save a colleague's life during a medical emergency.

Officer Mel Lolmaugh and Officer Mike Clements

Oak Harbor Police Department

Officers **Mel Lolmaugh** and **Mike Clements** responded to a medical call where CPR instructions were being given by phone. There, the officers found a woman on the floor on her back. She was purple and struggling to breathe. Officer Clements adjusted her airway in an attempt to help her breathe with no success, and he was unable to locate a pulse. He then attached the AED. The AED advised "no shock," so he began chest compressions while Officer Lolmaugh began to provide rescue breathing. Medics arrived and took over. A few minutes later, the officers could hear the patient speaking with paramedics and answering questions. Because Officers Lolmaugh and Clements took action and knew what to do, a 37-year-old woman's life was saved that day.

Tom Vessey

Puget Sound Energy, Seattle

Tom Vessey is credited with saving the lives of two people during an early morning carbon monoxide leak inside their home in Seattle's Ballard neighborhood. Tom has worked in Puget Sound Energy's Gas First Response unit for the past 27 years. On March 26, he took a call from dispatch at 3:30 a.m. from a homeowner reporting that her carbon monoxide detector was sounding an alarm. Vessey checked the fireplace, range and water heater in the townhouse but didn't find any major problems. As they closed the windows, which had been opened to air out the residence, the carbon monoxide levels spiked again. Tom then went to a neighboring townhouse to look for a problem. There he found an unoccupied car with its lights on running in the garage. He called 911 and the Seattle fire and police arrived and kicked in the door. They found a semi-conscious couple in their 30s collapsed at the top of a staircase. They and their dog were rushed outside. Thanks to Tom's training and quick actions, all survived this potentially deadly incident.

Greg Berntsen
Skills, Inc., Auburn

Last Feb. 21, an employee in the chemical processing department of Skills, Inc. fell to the factory floor without any warning. He was unresponsive, had stopped breathing, and was in cardiac arrest. **Greg Berntsen**, a coworker, saw him fall and came over to provide aid, while the area supervisor called 911. Greg and another trained first responder administered CPR chest compressions until medics arrived on the scene and used an AED to administer multiple shocks. Doctors later said that early CPR likely saved the man's life and helped prevent brain damage from lack of oxygen. Thanks to Greg's quick action and his CPR training, the victim recovered and has returned to work.

Reid Maki, Brandon Sandoval, Dan Jodock, Brandon Stanifer, Jesse Schoneman
Snohomish County Public Utilities District, Everett

A P.U.D. crew was working on a busy Everett street when a man riding a bicycle lost control of his bike. His leg became entangled in the bicycle components and was bent at a severe angle. His injury was extremely serious and he was in grave danger. Fortunately for him, the five P.U.D. employees working nearby came to his rescue. **Reid Maki** and **Brandon Sandoval** took charge of the scene. They instructed **Jesse Schoneman** and **Brandon Stanifer** to use their flagging equipment to control traffic on the busy street in order to create a safe zone around the victim. Reid grabbed a first aid kit. About this time, two bystanders attempted to drag the victim out of the street. **Dan Jodock** recognized that moving the victim could make things worse and stopped them from moving him. Reid and Brandon Sandoval aided the victim by stabilizing him, monitoring him for shock and keeping him calm and comfortable until paramedics arrived.

Later, the man's son told them that according to doctors, his father's leg was fractured in five places and one of the broken ends of the bone was very close to the right femoral artery. Any unnecessary movement of the leg could have severed the artery and the man might have bled to death before medics could get there. The man's son credited the P.U.D. crew with saving his father's life.

Jason Lucas
Swift Transportation, Newport

On May 8, Ramona Sheppard was traveling west on 1-90 during the early morning Spokane rush hour when a semi-truck in front of her began to slow. As she was passing the semi, she hit a large white-tail buck at 70 miles per hour. Her 2014 Subaru immediately deployed all air bags and was disabled, and she could not get the engine to start. With the hood crumpled and the airbags filling the space and emitting a powder of fog throughout the vehicle, Ramona was unable to see a thing except through a small space in the lower right of the windshield. Still moving at a high rate of speed and unable to brake or accelerate, she knew she could be killed by the fast-moving traffic behind her. She tried to steer into the slow lane, hoping she would not be crushed by the semi she had passed or other traffic. She coasted to the guard rail and was able to stop. Unbeknownst to her, **Jason Lucas**, the semi-truck driver, had seen everything unfolding and was quick to react. He had seen several deer headed for the freeway and was preparing to stop when the accident happened. He brought his semi-truck in behind Ramona's car - creating a safety zone - and then stayed behind her with his flashers on until she got off the freeway. He jumped out of his truck and helped her get the car door open, making sure she was OK. He found a tool to turn off the blaring horn and called her husband, then stayed with her until her husband arrived. Ramona feels sure she could have been hit from behind and killed if it were not for Jason's quick action.