

In Case of Emergency: I.C.E.

If you had an accident at work, whom would you want your company to call? Are you allergic to any medication that doctors should know about? What is your blood type? Is there anything else you would want people to know in case you are unable to respond?

When an emergency happens, every second counts. Unfortunately, people who are seriously hurt are often unable to respond for themselves to relay critical medical information. To assist doctors in attending to injured workers, many companies have started ICE programs, which stands for, "In Case of Emergency." When a new employee starts work, the company collects medical information about the employee that would be good to know in an emergency situation. This information is sometimes kept on a laminated card in the office. Other companies print ICE information on a label, and put it on the inside of the employee's hard hat. Either way, the information is easy to get to in an emergency.

Whether or not your company has an ICE program, it is a good idea to tell them if you required any special medical treatment that they may not know about.

I.C.E. at Home

If you were in an accident outside of work, whom should be called? If you add an entry in the contacts list in your cell phone under ICE, with the name and phone number of the person that the emergency services should call on your behalf, you can save them a lot of time and have your loved ones contacted quickly. It only takes a few moments of your time to do.

If you ride motorcycles, bicycles or ATV's your wallet might get lost in a crash. Think about adding an ICE label to the inside of your helmet and have one taped somewhere on the vehicle.

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