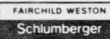


**FAIRCHILD WESTON
SYSTEMS INC.**

FAIRCHILD WESTON SYSTEMS, INC.
DATA SYSTEMS DIVISION
P.O. BOX 3041
SARASOTA, FLORIDA 33578

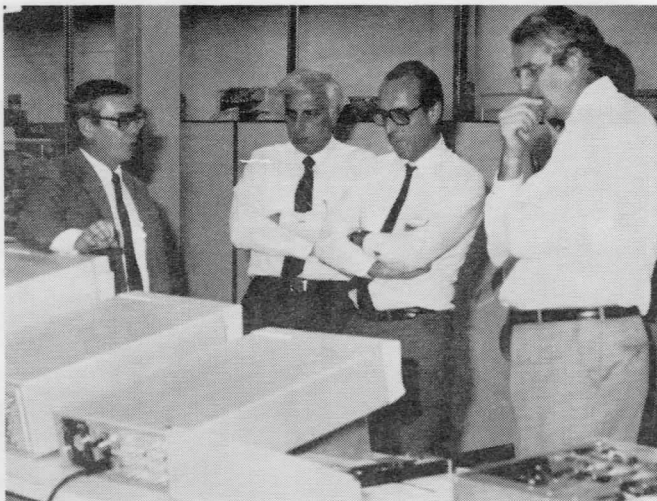


VOL. VII, NO. 2

FEBRUARY, 1985

COMPANY EXECUTIVES TOUR SARASOTA PLANT

Michel Vaillaud, President of Schlumberger Limited, and Louis Pighi, President of Fairchild Weston Systems, Inc. visited the Data Systems Division in Sarasota on February 19. The two company executives met with General Manager Joe Keller and his staff for a review of the Division's business status and future plans.



Operations Director Ray McPartlin (left) outlined plans for manufacturing new units in our 8000-series telemetry equipment to Louis Pighi, Michel Vaillaud and Joe Keller during a plant visit.

★ **COME AND ENJOY!** ★

OUR BIG FAMILY OPEN HOUSE

on March 24, 1985

1 to 4 p.m.

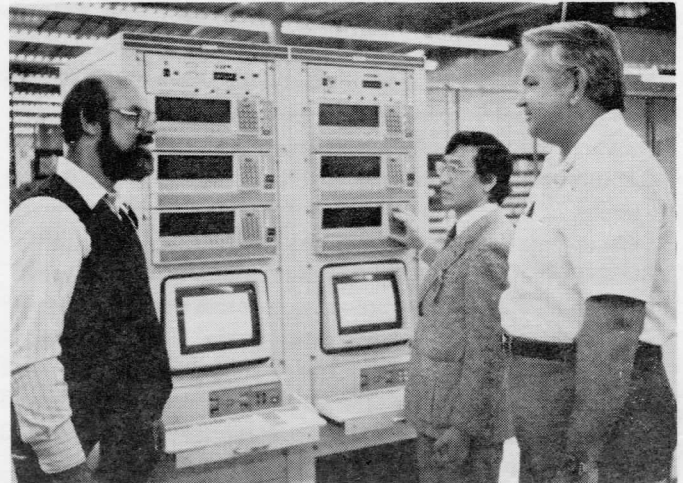
Open to all employees and
their immediate families.

Gifts Refreshments

Please send in your form for tickets

AN EQUAL OPPORTUNITY EMPLOYER M/F/H/V

FIRST DISPLAY STATION DELIVERED IN JAPAN



Phil Potts, K. Tamada, of Marubun, Japan, and Ty Rigdon with 8380 Display Station to be installed in Japan.

A Data Systems Division 8380 Display Station -- the first of its kind -- has been shipped to Japan to upgrade a very large telemetry/computer system supplied to NASDA (Japan's NASA) eight years ago. The new system will be used at the Tanega Shima rocket launch facility by NASDA.

The dual system contains two racks with the models 720, 8330 and 8350 in each rack. The two Model 8350 Digital to Analog Converters are the initial 8350 units shipped to a customer. Bob Williams, Project Engineer, and Project Technician Ty Rigdon worked on the Model 8350 development.

This Model 8380 Display Station system was put together by Project Engineer Phil Potts and Ty Rigdon, with new software being developed by Jon Mather, Mark Gilmore, Paul Weller and Phil Potts. The 8380 features color displays.

SPECIAL THANKS

Special thanks to all the volunteers who are working to make our Open House on March 24 a success. We appreciate you!

SALES MEETINGS DISCUSS PLANS AND 1984 RESULTS

It's the season for the Sales meetings of our Sales personnel and Sales Representatives for our various product lines. These meetings cover 1984 results, 1985 goals, and our new products and systems.

Instrumentation Recorders Sales personnel and Sales Representatives met February 20-22 in Orlando. In addition to our Data Recorders Sales people, there were Reps from 11 Sales Rep organizations, plus some of our own Engineering, Quality Assurance and Marketing personnel, and two representatives from Enertec, France, a sister company. The new Model 85 Instrumentation Recorder/Reproducer was introduced to the Sales force. This new unit is an advanced version of the popular Model 80.

Data Systems Division's International Sales Meeting took place March 10-15 in Rio de Janeiro. This International meet draws our own Export marketing people, plus about 23 Representatives from Sales Rep firms around the world.

"We scheduled training sessions on our 5000-series and 8000-series products, plus some tutorials on Telemetry and Tape Recorder systems and products," said Bud Thurmond, Export Sales Manager.

Telemetry's National Sales Meeting is scheduled for March 18-20 at Lake Tahoe, according to National Sales Manager Wyatt Bishop. Our Field Sales personnel from around the country will be on hand, along with a few individuals from the Sarasota plant. There will be training on our new 8000-series products and discussions on new VAX/8000 configurations.

CONGRATULATIONS !

PAT PARRISH (Data Recorders Assembly) and his wife Charlene welcomed their new son Michael Jeffrey on February 9. He weighed in at 9 lb. 4 oz.

KEN SLEZAK (Applications Engineering) and his wife Judy are the proud new parents of a son, Kenneth Ryan, who weighed 8 lb. 2 oz. when he was born on February 19.

DAVE TAYLOR (Cost & Contracts Accounting) and his wife Carmen announce the arrival of their new daughter, Allison Marie, on February 24. The baby girl weighed in at 5 lb. 15 oz.

GOLF LEAGUE STARTING

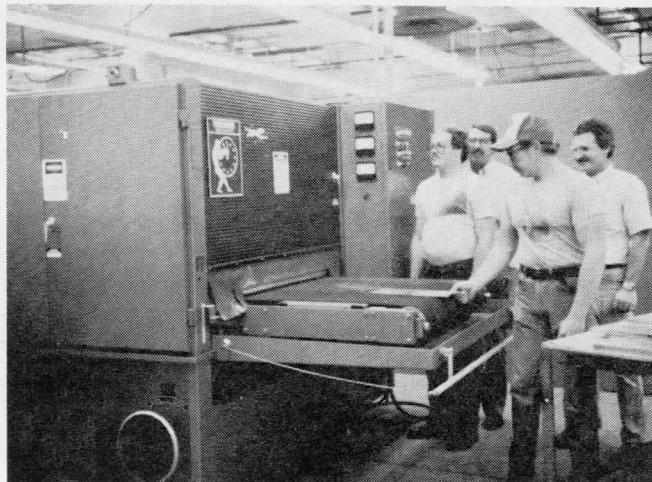
Fairchild Weston's Mixed Golf League is forming now, and still has room for more golfers. If you are interested in joining the Golf League, please call Rick Mitchell, Ext. 339, before April 9. The League will play at Rolling Green on Tuesday afternoons for 16 weeks, beginning in late April.

NEW DEBURRING MACHINE IN SHEET METAL SHOP

A new machine, called an automated deburring system, has been installed in our Sheet Metal Shop to facilitate the sanding and smoothing of the metal parts utilized in manufacturing our equipment.

"For many years, machine shop employees have done much hand deburring of metal parts. That meant filing or sanding rough surfaces to create a smooth finish prior to painting or other finishes," explains Tom Toler, of Fabrication Engineering. "That process was time-consuming, and we sometimes found varying degrees of smoothness or inconsistent finishes. The new Timesaver Deburring Machine has many advantages -- less handling time, reduction of degreasing, straightening, and belt changing, far less final hand deburring, and more consistent quality."

The new unit offers wet deburring that is filtered and air dried, along with a conveyor system. Tom Toler and Bud Steinhoff, of Fabrication Engineering, participated in the selection of the new machine.



Looking over the new automated deburring system for metal parts in the Sheet Metal Shop are David Kolchakian, Tom Toler, Mark Stone, and Phil Stockton

IN-HOUSE TRAINING COURSES ATTRACT LARGE ATTENDANCE

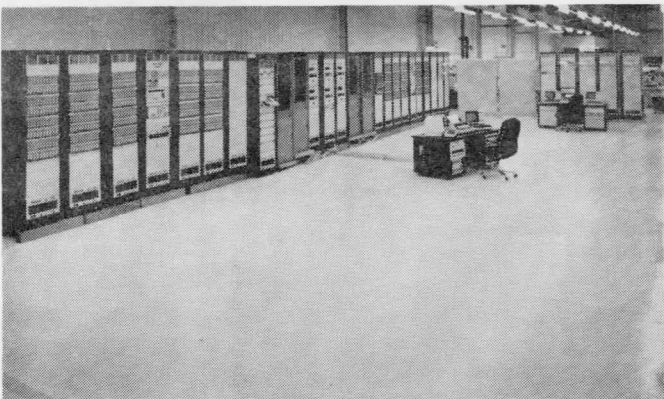
Over 30 Technicians from various Departments are attending an intensive eight-weeks refresher course on Digital Electronics. The class is being taught by Test Engineer Andrea Perryman and meets Tuesday and Thursday afternoons in the Cafeteria.

Twenty members of the Recorders Test Department attended an in-house training course, "Basic Magnetic Tape Recording Theory," February 11-15. The eight-hour course was coordinated by Peter Simmons and taught by Instructors Roy Gibson and Mike Eddins, of Data Recorders Technical Publications and Training.

BIG LEIS VANDENBERG SYSTEM SHIPPED AHEAD OF SCHEDULE

Our multi-rack Launch Environment Instrumentation System (LEIS) was shipped ahead of schedule on March 1, and is now being installed at the California Vandenberg Air Force Space Shuttle Launch Facility.

Installation will be ongoing for many weeks. Jerry Belveal, Kathy Bossert and Bill Cox make up the main installation team, with assistance from other personnel from our Program office, Contracts Administration, Production, Quality Assurance, Field Service, and Sales. Final acceptance testing at Vandenberg AFB is scheduled for late April and early May at the two sites -- the Launch Control Center and the Support Equipment Building.



This major system will be used for signal conditioning and encoding, recording, and "quick look" monitoring of data just prior to and during Shuttle lift-off. Our total LEIS contract is valued at over \$4 million.



SAFETY RECORD EXCEEDS 1,000,000 SAFE HOURS

Data Systems Division employees attained 1,019,351 hours without a lost-time accident early in February, to reach a major milestone in our Safety Awareness program.

Two accidents occurred in February to halt the safety clock at just over 1,000,000 hours. With renewed safety awareness, painful injuries can be avoided, and our employee safety record can reach -- or exceed -- a million hours again. Only you can do it.

WINNERS

BETTY HUFFMAN (Printed Wiring Assembly) and 16-year-old son Don captured the Junior-Adult Pot Luck Bowling Tournament at Sarasota Lanes recently. The winners had a total of 1,491 to take first place in the three-game fun series which consisted of 3-6-9, Crazy 8 and no-tap competition. They also beat out the other competing members of the family -- Dad JIMMY HUFFMAN (Sheet Metal Shop) and their 14-year-old son Jimmy.

BENEFITS Q & A

Q. Under our new group medical insurance plan, how do I know whether I should go to my own doctor, the walk-in clinic, or the Emergency Room? Cost containment and quality medical care are both important to me.

A. Your question is a very good one. Cost containment means not spending unnecessary dollars on medical services you need. But it also means saving dollars, because the money you do spend should provide you with the highest quality of medical care. Quality care means the right diagnosis, the right treatment, the right kind of doctor, the right kind of information given to you so that you can recover quickly and prevent a recurrence of the illness.

For those of us who live here, and are not transients, we should have a primary care physician -- a "family doctor" or "G.P." (General Practitioner). Your family doctor knows you, your health history, medicines you take, allergies, and knows he/she will be seeing you over the years, so accurate records will be kept. Your doctor is usually the first call you make whenever you need medical attention.

If it's an emergency, and after hours -- something that can't wait until tomorrow's office hours -- your doctor may say "I'll meet you at the Emergency Room in the hospital." This is more expensive than an office visit, or the walk-in clinic, but the hospital Emergency Room has the best collection of equipment and personnel to handle your emergency.

If you don't have a doctor, or your doctor is not available, and the time is between 8 a.m. and 8 p.m. (usual hours for the walk-in clinics), then the walk-in clinics are the next least expensive place to turn. They are more expensive than a family doctor, but less expensive than the hospital Emergency Room.

Finally, the Emergency Room at the hospital is your choice if your doctor is not available, or if it's after the walk-in clinic has closed, and you can't wait until the next day. If it's a life-threatening emergency, or serious (such as an eye injury or heavy bleeding, etc.), the Emergency Room is the place to be.

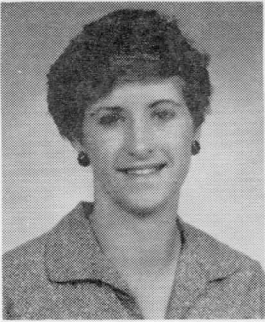
To review your medical treatment options:

- Your personal physician is least expensive
- Walk-in clinics are next expensive
- Emergency Room is most expensive
- Outpatient treatment is less expensive than in-hospital treatment

Thank you for your question. It's wise to know how you can have quality medical attention at a reasonable cost. Nobody wants to waste money, and of course we all value our health.

WELCOME ABOARD TO OUR NEW COLLEAGUES

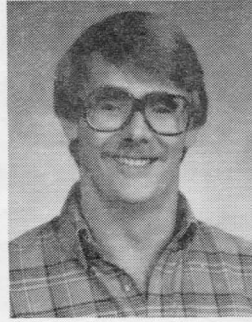
As Data Systems Division business grows, we are pleased to salute the new employees who joined us recently. We hope you will enjoy being part of the action at Fairchild Weston. Welcome aboard!



PIPER ARMSTRONG
*Accounting Clerk
Accounts Payable*



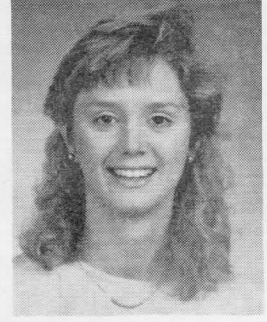
CRAIG S. BOLGER
*Technician
Design & Drafting*



W. GREG BROOKS
*Technician, Reliability
Quality Assurance*



KARLÍN L. CABLE
*Data Entry Operator
Quality Assurance*



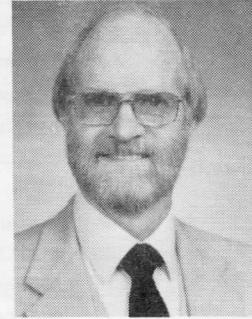
DELLA DUNLAP
*Draftsperson
Design & Drafting*



R. GENE FARNSWORTH
*Mgr., Analysis Section
Signal Processing*



ALWILDA J. FISHER
*Assembler, Equipment
Recorders Assembly*



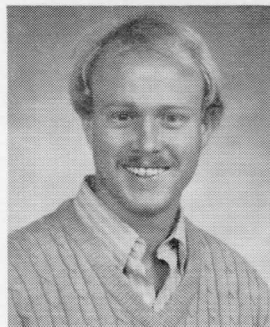
LEON E. HEAD
*R & E Manager
Heads, Motors, Scanners*



TOM JACKSON
*Technician
Recorders Test*



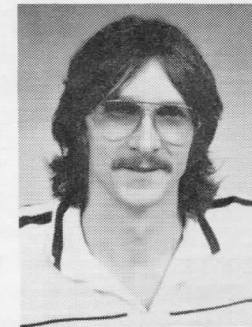
KIM JASKOLKA
*Assembler, Equipt.
Recorders Assembly*



JEFF KELLEY
*Assoc. Sci. Programmer
Telemetry*



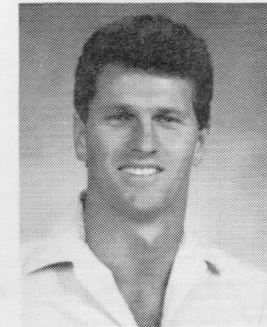
W. KEITH MARSH
*Technician
Calibration Lab*



MICHAEL D. REILLY
*Technician
Recorders Test*



SHERI C. ROBERTS
*Assembler
Recorders Assembly*



KEITH SMITH
*Technician
Recorders Test*

MORE QUALITY CIRCLES ARE INVOLVING MORE EMPLOYEES

Our Quality Circles Program is expanding, reaching more areas, and involving a greater number of employees. Pictured in the accompanying photos are three new Quality Circles. Other new Circles will be featured in the next issue of PULSE.

Especially noteworthy are the activities of the Aviation Flyers Circle. This group (Vi Blair, Steve Creech, Terri Hughes, Marlowe Lymer, Teresa Smith, Juanita Rose, Shirley Terry and Circle Leader Alyene McCoy) gave their first management presentation on January 18. They demonstrated a number of new tools they designed, and pointed out that the tools, which were fabricated by our Tool and Die Shop personnel, have contributed to increased productivity and have helped to make their jobs less frustrating.

"Because their developments were so well received, the members of the Aviation Flyers Circle were asked to repeat their presentation for other departments which might also benefit from these tools," Freddie Masse explains. "They have given four repeat performances, and the group will also be videotaping their presentation -- an excellent

example of what can be accomplished when employees get involved."



Representing our office occupations group, this cheerful gathering meets early Thursday mornings. They have adopted the name "NEW IMAGE." Pictured are (seated) Chris Govaars, Debbie Woolard, Elaine Ellis; (standing) Terry Cori, Elaine Lasher, Alma Sanger, Carolyn Yant, Chris Lawson, and Circle Leader Berenice Henderson.



This new Quality Circle represents our Printed Circuit Fabrication area. Pictured are Circle Leader Gene Flagg, Ann Stinton, Judy Stolz and Rita (JJ) Jeannette. At right is Quality Circle Facilitator Freddie Masse. Missing from this photo is Rick Ramos. The group has selected "P.C.-TEERS" as their name.



This newly reorganized Quality Circle represents our Telemetry Test Department. The group has adopted the name "SPCA" (Standard Products Circle in Action) and supplants the TIC (Technicians Improvement Committee) Circle. In the new Circle are: (seated) Sandie Woods, Rick Wilson, Jack Newcomb; (standing) Greg Sutton, Dean Norfleet, Phil Luquette, Circle Leader Bill England, Vince Wuellner, and Richard Healy. Missing from this photo is Doyle Jones.

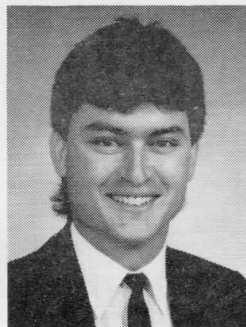
WELCOME ABOARD TO OUR NEW COLLEAGUES (Cont'd from Page 4)



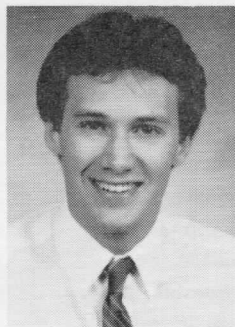
ART SOKOL
Technician
Design & Drafting



WILLIAM F. VERNOOY
Program Sales Engineer
Instr. Recorders
Wheaton, MD.



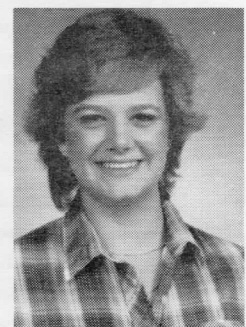
JOEL WEBER
Engineer
Systems Products



FRED WHEELER
Product Support Engineer
Equipment Recorders



GEORGIA S. WHITE
Security Coordinator
Security & Safety



HILLARY WILLIAMS
Assembler, Printed
Wiring Assembly

QUALITY CIRCLE LEADERSHIP TRAINING WORKSHOP CONDUCTED

An intensive Quality Circle Leader Training workshop was presented January 30, and February 1. Instructors Dexter

Nash and Freddie Masse coordinated the seminar for the group.



Graduates of the Circle Leader Training workshop: Instructor Dexter Nash, Roy Gibson, Bill Davis, Mike Mace, Greg Sutton, Gene Flagg, Rob Ramey, Joe Yourkoski, Phil

Stockton, Don Stover, Kathy Boley, Betty Austill, Bob Buell, Don Parker, Berenice Henderson, George Keegan, and Quality Circle Facilitator Freddie Masse.

EMPLOYEES SIGN UP FOR NEW INSURANCE

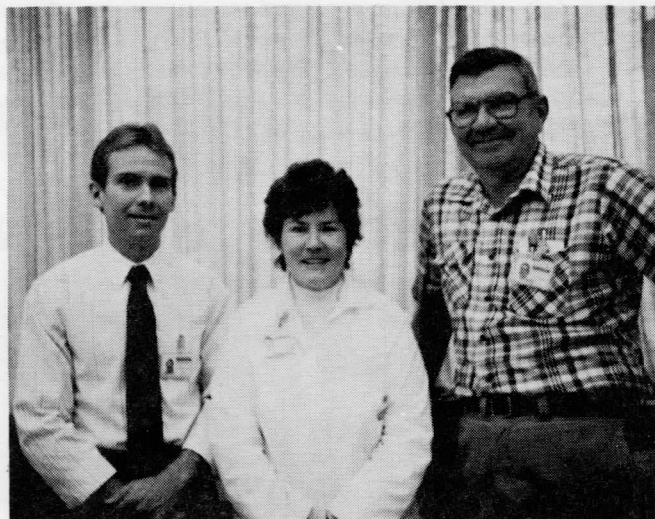
Over 300 Data Systems Division employees have signed up for our new Supplemental Life Insurance Plan benefit. This new optional program offers additional life insurance to full-time employees who wish to purchase supplemental life insurance coverage. The deadline for employees to sign up was February 28.

The new life insurance is an optional supplement. All full-time employees are automatically covered by life insurance equal to 1½ times the employee's annual base wage, provided by the company as one of our employee benefits, at no cost to employees. All employees are automatically covered after one month of employment.

Under the new Supplemental Life Insurance program, employees will have an opportunity to decide annually if they wish to purchase supplemental life insurance. Each November you may sign up for the supplemental life insurance, and your new coverage would then be effective January 1. New employees are eligible to enroll in the supplemental life insurance plan one month from the date of employment.

HAPPY ANNIVERSARY !

Anniversary greetings to these employees who marked major service anniversaries during February.



Congratulations to Bob VanderVliet and Debbie Graham (five years of service) and Jack Boehner who observed his 30th service anniversary on February 3. Missing from this photo is Jim Schadl who also marked his fifth service anniversary during February.

JAY BOARDMAN BUILDS HIS DREAM HOUSE

Building his dream house took Jay Boardman about three years of hard labor. But he did most of the work himself -- from digging a pond using a backhoe and front end loader, to carpentry, plumbing and electrical work on his handsome three-level home.

"I've had the five acres of land east on Fruitville Road since 1974," Jay said. "The floor plan was designed by an Architect friend as a wedding present. I did all the structural plans and drawings for the building inspection, and sub-contracted the concrete work, air conditioning duct work, and dry wall finishing."



The Boardmans moved from a 26-foot trailer to the new house.



The wooded lot gives privacy and attracts the birds that serve as Jay's alarm clock.

The peak of the wood-frame structure is 35 feet high, and there's 5200 square feet under roof, with 1800 square feet of living area. The living space, on the second and third floors, includes a 16' x 16' kitchen, a wood-burning stove, a six person jacuzzi, lots of insulation and intake fans to circulate air throughout the house. A very good friend helped Jay with the labor on the structure.

"The construction cost about \$56,000, but I believe the house could be valued at over \$100,000," Jay said. Jay picked up some good experience in previous jobs in construction work in Florida and building yachts in Fairhaven, Mass., before joining Data Systems Division's Design & Drafting Department in 1980. He is now in our CADDs area.

JOE FASO "RIDING INTO THE SUNSET"

Joe Faso, of Aviation Recorders Engineering, became our newest retiree when he elected early retirement under our Pension Plan's "Rule of 85" in February.

Joe's eyes twinkled as he submitted a photo of himself and his horse, Honey, "riding off into the sunset," as a farewell to his friends at Data Systems Division. The Senior Engineer recalled many changes over the past 27 years of his employment with our company in Sarasota.



JOE FASO



Joe and his horse "Honey" riding off into the sunset!

"I've seen the place grow from the days when there was just the first segment of the Production Building, back in 1958, and we had only five people in systems," Joe said.

Among the many interesting and challenging projects he worked on were: the Martin Package, Dyna Soar, Field Service, Gemini, Telescope field work at NASA Goddard Space Flight Center; the first computer-driven telemetry front end systems; installing major systems in Germany and Italy, plus R & E work on EXPRT equipment, software, and finally Aviation Recorders microprocessor and software development.

One of Joe's major career highlights was meeting his wife, Caryl Buehler Faso, here at work. The couple enjoy horseback riding and traveling together, and Joe plans to continue his bowling and golfing activities. "I guess I'll have to start emptying the job jar," Joe quipped. "Whenever something needs doing around the house, I always tell Caryl to 'put it in the job jar.' Then I pick out one or two items to do as time allows."

One final tip. If you are walking down the street and say hello to someone who looks like Joe, and you get a quizzical look, just remember it's probably Joe's identical twin, Tony. The two are often mistaken for each other.

To Joe and Caryl, from your many friends at Data Systems Division, happy days!

CREDIT UNION ELECTS NEW OFFICERS, COMMITTEES

Credit Union elections took place at the group's 18th Annual Meeting on January 30. The newly-elected Board members and Committee members joined previously elected members to form the 1985 roster of officers and committees, as pictured in the accompanying photos.

Items discussed at the annual meeting included:

- Plans to have the Credit Union's IBM Personal Computer on-line by the end of the first quarter.
- Availability of FHA home improvement loans up to \$7500
- A suggestion to have absentee ballots for Field and Shift employees.
- Study the possibility of offering a major credit card to members.



Supervisory Committee: Deanna Turpin, Chairperson Cinda Whaley, and Karen Peterson.



Credit Union Board members are: (Front row) President Wiley Dunn, Vice President Earl Studenwalt, Treasurer Ed Annaratone, and Secretary Don Parker. Back row: Beth Gisiger and Lillian Conway, of the Credit Union's office staff; Board members Rob Ramey and Walt Knopik. Missing from this photo is Board member Scott Blair.

NEW COMPUTER ROOM NEAR THE FISH POND

Construction work has begun on a new computer room near the fish pond, with a new matching conference room/library to be built on the opposite side of the pond. The new facility will house a DEC VAX 11/780 computer system, and a complete telemetry front end will be added about mid-year.

The new computer facility will be utilized for software and hardware design checkout on customer-sponsored projects, and will also provide an attractive showplace for demonstrating our new 8000-series products and other equipment. This glass-walled computer room is in addition to the DEC VAX computer system in the Telemetry Systems Data Processing Lab. The DPL will continue to serve its many Engineering functions, supporting software design efforts of all Engineering departments.

Our own in-house Plant Facilities personnel are doing a substantial amount of work on these two new rooms.

In another major move, our Recorders Test Department is expected to move into the newly-built facility (located in the original Production area of our building) by about mid-March. Already relocated to that new facility are: Instrument Recorders Precision Assembly, Equipment Recorders Final Assembly and Tape Processing.

In other changes, our Signal Processing group has expanded into its new 4000-square-foot Systems Integration Lab, and has moved some 20 employees into new offices. The new offices are utilizing an "open office" concept for the most practical usage of space. In addition, the Signal Processing group anticipates absorbing another 4500 square feet of space in the near future.



Credit Committee: Art Acosta, Chairperson Beth Jenkins, Ben Robinson, and Paul Taylor.



**FAIRCHILD WESTON
SYSTEMS INC.**

FAIRCHILD WESTON
Schlumberger

FAIRCHILD WESTON SYSTEMS INC.
DATA SYSTEMS DIVISION
POST OFFICE BOX 3041
SARASOTA, FL 33578

HEALTH LINE

By DEBBIE GRAHAM R.N., C.O.H.N.

THE STOMACH "FLU" EL BUG

"I can't come in to work today, because I've had diarrhea and vomiting, and can't keep anything down."

How often we hear these words, and how much more frequently we hear them during the winter months.

Grippe, gastroenteritis, and intestinal flu, are names we have come to dread because they all make us feel so bad.

The stomach flu is not normally a serious life-threatening situation unless the victim is very young, or very old, or has some other chronic illness which lowers their ability to tolerate fluid loss or infection.

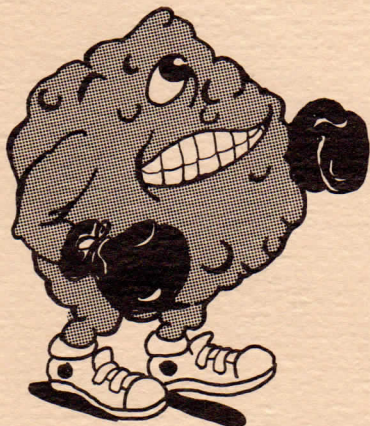
WHAT CAUSES these "stomach bugs?"

Bacteria, viruses, parasites and toxic (poisonous) substances can cause the symptoms of the "stomach flu." When it can not be determined exactly what is the culprit, the nausea and vomiting is usually referred to as a gastroenteritis.

WHAT are the SYMPTOMS?

Nausea, vomiting, diarrhea, back pain, fever, muscle pains and aches, and cramping abdominal pain.

HOW DO WE HANDLE DISTRESSING SYMPTOMS?



TREATMENT

It is very important to go to bed and REST, until the nausea, vomiting, and diarrhea subside. Rest is vital, because we are weakened by fluid loss.

DIET

Diet is very important because our gastro intestinal tract is inflamed and irritated and it needs rest. We rest it by being very careful of what we eat. You say you don't feel like eating? It is important to replace lost fluids and the chemicals we lose in those fluids when we vomit, or have diarrhea or sweat a great deal.

The best way to handle the problem is to try clear liquids the first day. If clear liquids do not stay down, or cause increased diarrhea or cramping, try sucking on ice chips, or freeze Gatorade and suck on that. On the first day, clear liquids can consist of sweetened tea, bouillon (for the salt), jello, water, room temperature soda, and apple juice.

Avoid large liquid amounts of anything. Easy does it and try to sip something all day.

On the second day, if feeling better, increase your diet to strained broth, refined cooked cereals, applesauce, mashed bananas, and continue with the sweetened tea, bouillon and jellos.

If you start feeling better, on the third day, increase your diet to baked potato (without skin), mashed potatoes, custards, rice, pureed vegetables and as you begin to feel better gradually get back to your normal diet. Remember, no fried foods, no spices, avoid milk and milk products for the first few days, and discontinue milk in your diet if diarrhea restarts. Avoid raw vegetables or fruits in your diet until you are definitely on the mend.

PAIN-DIARRHEA

Tylenol can be taken for the muscle aches and fever; Pepto-Bismol or Kaopectate for the diarrhea.

WHEN TO CALL THE DOCTOR

You need to know that sometimes these symptoms are the start of something more serious, and it is important to call your doctor if you have a temperature over 100 for more than 3 days, or if the nausea, vomiting or diarrhea lasts over 24 hours.

If stomach pain is severe or is "localized" in one area, or if you have bloody or tar-colored stools, or if you vomit blood or something that looks like coffee grinds, or if you have more than 8 bowel movements in one day, call your doctor.

If you are DIABETIC, nausea, vomiting and diarrhea can be

more serious and you should contact your doctor for instructions. If you are PREGNANT, contact your doctor first before taking any medication.

Remember, DEHYDRATION can be serious, and you must try to replace fluids. With infants and very small children, dehydration can be life-threatening, and you should consult with your doctor when fluid loss first occurs.

If you have intermittent bouts of diarrhea, and nausea, it may be the sign of something more seriously wrong, or it may reflect EMOTIONAL turmoil. Check with your doctor for persistent symptoms.

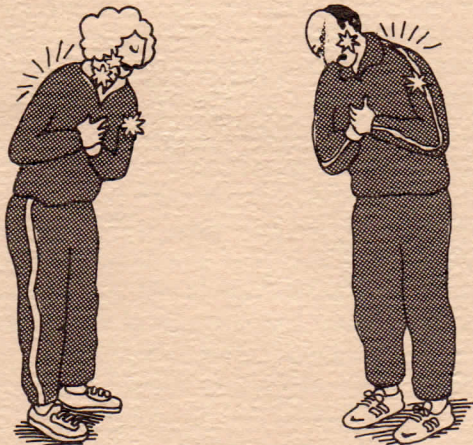
Be especially careful about hand washing, and separate your eating utensils from others. AVOID unnecessary contact with anyone with these symptoms. It takes about 7-10 days to start feeling well, and during this period of time, get as much rest as possible.

A HEART-TO-HEART TALK

Before reading this, ask yourself an important question? Do you know the symptoms of a heart attack? Do you know the difference between indigestion, and heart attack? If you don't, you should. Your life may depend on it.

Heart disease is the number one killer in the U.S. today. The amount of time between the first signs of a heart attack, and when medical care is first given, frequently decides whether or not the victim survives. TOO many people wait TOO long before calling the emergency unit, or getting to the hospital.

- Uncomfortable pressure, fullness, squeezing or pain in the center of the chest for more than 2 minutes.
- Pain may spread to the shoulders, neck, jaw, or arms.
- Severe pain, dizziness, fainting, sweating, nausea, or shortness of breath may also occur.



These symptoms (or signs, or signals) may all occur, or some may not be present. Occasionally they will subside (go away) and then return.

Most heart attack victims survive if they recognize the early warning signals of heart attack and get medical care at once.

Unfortunately, too many people hesitate to call for help. Some don't want to admit that they are ill, others mistake the symptoms for indigestion, and some ignore the warnings, hoping the pain will disappear.

If you have these symptoms, waiting can be fatal. Get help immediately. Call your doctor or the emergency service. If you can get to the hospital faster by car, have someone drive you. Prompt action reduces the risk of fatal heart attacks.

WHAT CAN I DO IF I SUSPECT SOMEONE IS HAVING A HEART ATTACK?

- Know the symptoms.
- Keep calm, and call for help immediately.
- Help the victim get into a comfortable position. Frequently sitting up assists the victim in breathing more easily.
- Don't offer bicarbonate of soda, Alka Seltzer, or other "indigestion" remedies
- If oxygen is available (perhaps at work) use it or allow the victim to get plenty of air, don't crowd him/her.

- Don't offer alcoholic drinks
- Don't engage him/her in conversation, he/she needs all the air they can get just to breathe
- Reassure the victim
- LEARN CPR--The "safest city in the U.S. to have a cardiac arrest is Seattle, Washington. A very large percentage of its citizens, have learned CPR. If the heart attack victim's heart stops beating--CPR will keep them alive until medical help arrives.

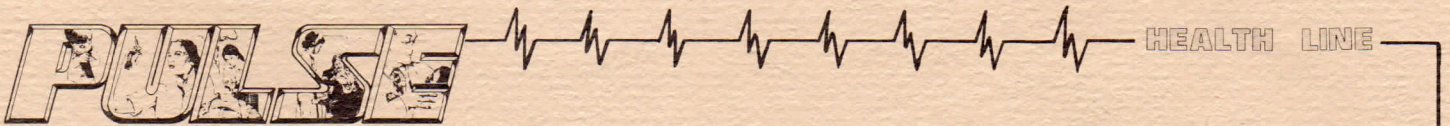
Remember, it is important to know the symptoms of heart attack and to react to those symptoms quickly. Over 40% of the persons who die from heart attacks, do so because they delayed in getting to the hospital. The decision to obtain help should not be left to the patient alone. It is also the responsibility of the spouse, relative, or friend.

OXYGEN

If you would like to know how to use the oxygen units that we have in our plant, I will arrange for 5 minute demonstrations for departments. Please check with your supervisor and have your supervisor contact me at x-559.

CPR

If you would like to learn CPR, please call me for information on the next classes being scheduled, and thanks for caring.



What aspects of health information interest you. Please indicate below, and return this portion to Debbie Graham, R.N.

I am interested in:

- Nutrition Information
- Stress Reduction
- Smoking Cessation
- Weight Reduction
- Blood Pressure
- Fitness-Exercise
- Other

I have special skills and knowledge and would be willing to assist in special health programs.

Your name _____

Your Extension _____