



INDOT Employees Are Real Lifesavers, Thanks to Safety Training

(Posted Jan. 27, 2016) CPR and first aid training provided by INDOT to employees has saved lives and enabled them to provide timely assistance to their family members and co-workers. Several recent incidents have brought the importance of safety training to light.

The morning of Jan. 12, a Central Office employee gave a presentation to INDOT personnel at the Indiana Government Center South as part of a daylong conference by the Management Information Systems (MIS) Division. During his presentation, he began feeling ill.

The presenter motioned to MIS Business Operations Project Manager Scott Robison for assistance. Robison has been trained in CPR and first aid by the Statewide Safety Team.

"I helped him from the room as he was dizzy and feeling faint," said Robison. "I was able to get him seated and noticed that he looked very pale and was dripping of sweat. He mentioned that he had not eaten yet and that he felt nauseated, so I ran to get a bottle of water because I thought it might be related to low blood sugar."

It turned out that the INDOT employee, a diabetic, had become dehydrated. Diabetics have an increased risk of dehydration as high blood glucose levels lead to decreased hydration in the body.

Symptoms of dehydration included dry mouth and dizziness.

"After he had a few sips of the water, his skin color started to return," said Robison.

When Robison had begun helping his workmate, he motioned to MIS Project Manager Doug Glaser to call the proper emergency phone number, and emergency medical technicians arrived to take the employee to the hospital as a precaution.

"I was a little dehydrated and, thankfully, nothing more became of it," said the employee, who reported to work the next day. "But I sure was glad that Scott and Doug were there to help me."

Life-threatening situations involving family members of INDOT employees have occurred in recent years. In both incidents, the workers resorted to their INDOT safety



INDOT's Scott Robison (background) observes Statewide Safety Team members Steve Harmon (left) and Jay King practice CPR in June 2014. Robison used that knowledge to save his teenage daughter's life last month.

training to save lives.

In December, Robison performed the Heimlich maneuver on his 17-year-old daughter at an Ohio restaurant. Robison had participated in CPR and first aid training by the Statewide Safety Team in June 2014.

“She was choking on a piece of steak,” said Robison. “It was very scary, but I was able to get the meat out by using the skills that I learned in the INDOT training. I’m so glad that I took that class.”

Crawfordsville District Technical Services Administrative Assistant Michele Borden experienced a similar situation. She took the Crawfordsville District Safety Team’s CPR and first aid training in 2012. Less than one week after the training, Borden visited her mother’s house for lunch.

“All of a sudden, my mother became very quiet, just staring down at her plate,” said Borden. “I asked her if she was choking, and she nodded yes, so I stood up, pulled her up to standing, got behind her and reached my arms under her arms.

“I made a fist with one hand and placed it just above the navel, grabbed my fist with my other hand and made a maneuver with quick, forceful, inward and upward thrusts. I did that twice, and the food object flew out, enabling my mom to breathe again.”

Moments later, the incident seemed almost surreal to Borden.

“Later, you ask yourself, ‘Wow, did that just happen?’” said Borden. “But during the actual occurrence, I feel that my INDOT safety training truly paid off. It was the first time I ever experienced something that I did not have time to get nervous or anxious – I just engaged in my knowledge to assist another person.

“I believe that the training is so important, especially since you could save someone you love.”

Just one year ago, Fort Wayne District Project Engineer Don Bales choked on a salad at lunch, and Fort Wayne District Project Engineer Tom Keefer saved his life by performing the Heimlich maneuver.

“All of these incidents point to the importance of being properly trained and having knowledge,” said Statewide Safety Director Angela Smith. “Our one-day classes are great ways to learn how to perform CPR and the Heimlich maneuver, administer an automatic external defibrillator, deliver proper first aid and so much more. The training also is an ideal way to update certification.”



Mannequins are set up in a room before a CPR and first aid training class offered by INDOT’s Statewide Safety Team. The class also instructs participants how to use an automatic external defibrillator.