Energy Commissioner Cites Prop. 15 flaws

Richard E. Tuttle, State Energy Commission member, spelled out his reservations about Prop. 15 last November 7 in a Los Angeles Times article condensed below.

"On the ballot in June, in essence, the question that will be put to the voters is this: 'Are nuclear plants safe enough?'

"The question, in my view, should be stated another way: 'What mixture of energy sources will provide us with a reasonable amount of electricity, with full consideration of safety, environmental protection, cost, conservation and the avoidance of energy shortfalls?"

"We all know that cutting their use would court economic disaster, social disorder and human suffering. And so we continue to tolerate a system that is imperfect because the only truly safe alternative—no cars—is unworkable and intolerable.

"With cars, we know from years of experience the number of casualties that continued driving will cause. Nuclear power has no such track record. Instead, there are assumptions and guesses as to what conceivably might happen if an extraordinary series of accidents and failures were to occur. No consensus exists among the experts.

"That complex controversy does not have to be resolved in order to evaluate the nuclear initiative itself. Rather, to come to an understanding of the issue, we must distinguish between two very different questions:

"—What proportion of our electricity should we obtain from oil, coal, gas, nuclear power, water, earth heat, the sun or from other, more exotic power sources?

"—In making the difficult choice between these potential energy sources, should the decisions be made by the Legislature, by an administrative agency or directly by the people?

"Almost surely, California's electricity for the rest of this century will have to come from a variety of sources, and the judgment as to what proportion should come from each source must be carefully made.

"It was for this purpose, of course, that the Legislature last year created the energy commission on which I sit.

"The Legislature concluded that the proper forum for these issues is an administrative tribunal with the expert staff and the time to consider fully and fairly all applications to build generating plants, without an express duty to favor or disfavor one or the other."

Pursuant to the Building Acquisition Program the building cost is limited to $350,000 with an additional $35,000 authorized to incorporate features to conserve the use of energy.


December 16, 1976-International President Charles Pillard granted approval to L.U. 1245 to transfer funds from the L.U. General Fund to the L.U. 1245 Energy Workers Center, Inc.

December 20, 1976-The members of the Energy Workers Center, Inc. voted to approve the purchase of the property and the sale of the present building. This action granted the final necessary approval to empower the Officers of L.U. 1245 and the Energy Workers Center to take the necessary actions to complete the Building Acquisition Program in accordance with applicable Union law.

January 23, 1976-The Energy Workers Center Board was informed that to meet the requirements of the City of Walnut Creek Planning Commission the minimum site size would be 44,475 sq. ft. The Board of Directors acted, in a special meeting on February 6, 1976, to proceed with the Building Acquisition Program and purchase the necessary land.

February 9, 1976-The Energy Workers Center entered into a contract to purchase the land at a price of $77,830.

February 12, 1976-The Energy Workers Center and Zimmerman Construction Company signed a contract for the design and construction of the office building at a price of $342,422.

Between February 12 and now, we have been laying out and designing the building in order to complete the drawings to submit for approval of the applicable governmental authority. The site plan and building exterior elevations have been submitted and have received preliminary approval. Final approval is currently expected about the middle of May.

We now expect, barring unforeseen delay, construction to begin in the second half of May and to take approximately 4 months to completion.

The Energy Workers Center, Inc. is a California corporation, wholly owned by L.U. 1245, that operates the real property of L.U. 1245. The Energy Workers Center Board of Directors is composed of the Officers and Board members of the L.U. Authority to establish the Energy Workers Center, Inc. can be found in Article XV of the L.U. Bylaws.

Status of PG&E Negotiations

Union's committee met with Company on April 28, 1976 as the result of the rejection of Company's proposal March 22, 1976 by the membership in the physical bargaining unit. This rejection was reported to the membership by the Ballot Committee on April 16, 1976.

In an effort to reach agreement on the 1976 bargaining, Union's committee proposed the elimination of freezes on all classifications and interim adjustment during the remaining term by COLA or a set cents-per-hour increase at mid-term.

Company did not agree that the freezing of classifications was a major factor in the rejection of their offer and stated that the freezes were necessary for them to justify starting level salaries to the P.U.C. Company also stated that their offer followed the pattern which has been established in California utility bargaining this year, the annual wage levels which are produced compare favorably with those of other industries and the wage levels are not out of line within the industry.

Company again presented its financial status and its belief that they could not find any way to justify an increase beyond the 8.5% already offered, and that they could make no further changes that the ones they conceded prior to their last offer.

Union's negotiating committee declined to submit the package for balloting again until consulting with the membership and discussing the merits and alternatives available, and Company agreed to hold the offer open with full retroactivity until the Committee could accomplish this, but made it clear that this offer was maximum.

ATTEND YOUR UNIT MEETINGS FOR FURTHER INFORMATION AND CLARIFICATION!!!
Offersen resigns; Ed Vallejo Appointed Recording Secretary

Jackie Offersen submitted a letter of resignation to the Executive Board for personal reasons and the Board accepted the resignation with regret and with thanks for her service to Local 1245.

Brother Vallejo, Clerk B for PG&E in their General Office in San Francisco, was appointed as a permanent replacement for the position of Recording Secretary of Local 1245. One million, nine hundred sixty-six thousand, three hundred eighty-four.

Vallejo was a member of the 1973-74 wage and contract negotiating committee and the 1976 Wage Negotiations Committee. Brother Vallejo is also a member of Local 1245's clerical cross-hatch grading committee.

Brother Vallejo has been a member of Local 1245 since August, 1967. Ed has served the Local as a Shop Steward and is a member of Unit 2401 in San Francisco. Vallejo was a member of the 1973-74 wage and contract negotiating committee and the 1976 Wage Negotiations Committee. Brother Vallejo is also a member of Local 1245's clerical cross-hatch grading committee.

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This photo shows President Howard Darington, left, giving the oath of office to newly appointed Recording Secretary Ed Vallejo.

Editor's Note: The views expressed in the "Letters to the Editor" column are those of the author and do not necessarily reflect the policy or views of Local 1245.

Einar Peterson, right, is shown as he takes the oath of office from President Darington. Brother Peterson's appointment to Treasurer was reported in the March issue, but no photo was available.

Former Gov. Brown urges Californians to vote "NO" on Proposition 15
Bargaining Roundup

NOTICE TO NEGOTIATE

CONCORD TV CABLE:
Union has notified Western Communications, Inc., of its desire to amend the current agreement between the District and Concord TV Cable and requested the Company to submit proposals for specific changes desired by the Union. The Union is currently awaiting the Company's proposals. Meeting will be scheduled in the near future.

WESTERN TV CABLE:
Union has also notified Western Communications, Inc., of its desire to amend the current agreement between the District and Western TV Cable and has submitted proposals for specific changes desired by the Union. The Union is awaiting the Company's answer and negotiations will be scheduled as soon as possible.

NAPA VALLEY CABLEVISION:
Pursuant to the Certification of Representative issued by the National Labor Relations Board on March 19, 1976, certifying Local 1245 as the exclusive bargaining representative for the employees of Napa Valley Cablevision, the Union has notified the Cooperative of its desire to bargain. The Union is awaiting the Cooperative's answer and meetings will be scheduled in the near future to commence bargaining.

YUBA COUNTY WATER AGENCY:
The Union has served notice on the Agency of its desire to bargain and has presented specific proposals for consideration. Meeting will be scheduled for the early part of June to commence negotiations.

STORER CABLE TV (Fairfield and Rohnert Park):
Notices to negotiate have been served on both these properties and the Union has submitted its proposals to Company. No meetings scheduled.

PLUMAS-SIERRA RURAL ELECTRICAL COOPERATIVE, INC.:
The Union has served notice on the Cooperative to open the existing agreement with the Cooperative for amendment on April 22, 1976. No date has been set for the first meeting between the parties.

TRUCKEE-DONNER PUBLIC UTILITY DISTRICT:
On April 22nd, the Union served notice of its desire to meet and confer with the District Representatives regarding improvements in wages, hours, and other terms and conditions of employment. At this writing, no date has been set for the first meeting to commence bargaining.

CURRENT NEGOTIATIONS

PACIFIC TREE EXPERT COMPANY:
The Union and Company have had three meetings to date. Union in process of gathering additional information before resuming bargaining on the hospital plan. Further meetings will be scheduled as soon as possible.

Apprentice Tree Trimmers' Program:
Following meetings with employees of Pacific Tree Expert Company and representatives of the Bureau of Apprenticeship Training, U.S. Department of Labor, certain revisions were made to the existing program in order to obtain acceptance from the Department of Labor for the purpose of indenturing the program. The program has been submitted to the corporate level of Asplundh Tree Expert Company for approval.

CITY OF LODI:
First meeting held on April 22nd for the purpose of explaining Union's proposals to the City. Next meeting is scheduled for May 6, 1976.

CITY OF SANTA CLARA:
Current agreement terms are due to expire at the end of the year. Union's negotiating committee has drafted proposals for a working concept agreement which has been approved by the membership. These proposals were submitted to the City in April as it is anticipated negotiations will be lengthy. No meetings have been scheduled at this writing.

CITY OF HEALDSBURG:
The City has served notice on the Agency of its desire to bargain and has presented specific proposals for consideration. Meeting will be scheduled for the early part of May to commence negotiations.

CITY OF LODI:
The City has served notice of its desire to meet and confer with the Union. The Union is awaiting the City's answer and negotiations will be scheduled in the near future.

CITY OF REDDING:
It was agreed during last general negotiations to negotiate on LTD program at a cost to the City of 8% of payroll. Currently negotiations are continuing.

PG&E STEAM HEAT TRAINING COMMITTEE:
The Union has presented suggested changes in the program to Company and Company has taken them under consideration. As soon as Company has studied Union's proposals, another meeting will be scheduled.

PG&E BUILDING DEPARTMENT TRAINING COMMITTEE:
At a meeting between Union and Company committees, Company presented a rough draft of a training program, together with considerable material on an extensive training program for Building Department employees. The Union committee met to study this material and has presented Company with suggestions. Negotiations are expected to be lengthy. Company intends to develop the program and the committee will meet again to discuss the tentative agreement.

MATERIALS DISTRIBUTION TRAINING PROGRAM:
The Union is awaiting Company's formal proposal. No meetings have been scheduled.

Nuclear Power in California?
Local 1245, IBEW will co-sponsor a public forum on the Nuclear Power Initiative with the Berkeley League of Women Voters and the Berkeley PTA Council. The forum will be held Wednesday, May 19, 1976, 7:30 p.m. at the West Campus School Auditorium, University Avenue and Bon Air Street, Berkeley, California. The Honorable Wilmot Sweeney, Judge of the Municipal Court, Berkeley-Albany District, will be the moderator of a four-member panel. Speaking for the initiative will be Dwight Cocker, Northern California Director of "Yes on 15", and Kirk Smith, Researcher in Energy and Resources and Doctoral Candidate in Environmental Health Sciences. Speaking against the initiative will be Al Medcalf, Nuclear Engineer and Howard Friend, Mechanical Engineer. Each speaker will be allowed to make a fifteen minute presentation of the issues and a short rebuttal at the end of the presentations. A committee from the sponsoring organizations will collect written questions from the audience. These questions may be directed to an individual on the panel or to the entire panel.

This will be an opportunity for Local 1245 members, who live in the Bay Area, to hear both sides of the question. We urge those members from the Bay Area, who have not made a decision on Proposition 15, to attend this forum.

Kimberly Garnier,
William Key
and
Delmar Mangold

could have won $50.00 if they had noticed their union membership card numbers in the March issue of the Utility Reporter. This month's numbers are as well hidden as they were last month. Don't miss out, read your Utility Reporter.

LOOK FOR YOUR CARD NUMBER
SAN JOSE DIV.

On Saturday, March 6, 1976, 48 San Jose Division and General Construction Shop Stewards attended a Stewards training meeting held at the Hyatt House Hotel in San Jose.

Asst. Business Manager Larry Foss gave a thorough explanation of the Supplemental Grievance Procedure and outlined the stewards' participation and responsibilities in that procedure.

Work shops on grievance handling were conducted on imaginary grievances. This required a conscientious review of the Labor Agreements by the stewards for resolution of the issues. Some stewards were selected to play the role of supervisors in order that grievances could be processed through the initial and local investigating committee steps of the grievance procedure process.

According to Bus. Rep. Ory Owen, the stewards in attendance felt that this training meeting was productive and helpful, as the meeting covered the "nuts and bolts" of the stewards participation and responsibility in the grievance processing. It was the consensus of the stewards in attendance that future training meetings should be conducted in the same fashion. Information and material to assist Stewards in the performance of their duties were distributed. They were also given tests on their knowledge of both the Physical and Clerical Agreements and Local Union 1245's Bylaws and structure.

Local 1245 Steward Education program continues

The photo above shows many of the participants of the San Jose Area Shop Stewards meeting.

The photos above and below show more of the people who were in attendance at the Stewards Meeting.

Bus. Rep. Ory Owen is shown as he explains the agenda for the Shop Stewards training session.

Larry Foss, Asst. Bus. Mgr., is shown as he responds to a question on the grievance procedure.
Saturday, March 20, 1976 a Steward's Training Meeting was held at the Local Union Headquarters in Walnut Creek for Clerical Stewards of General Office and San Francisco Division PG&E.

About 20 stewards participated in the all day meeting. The meeting started off with introductions of all in attendance. Business Manager L.L. Mitchell then outlined the role of a Union Steward and what his or her responsibilities and authorities are.

A good part of the day was used to cover the grievance procedure with Business Representative Shirley Smith and Assistant Business Manager Larry Foss leading the discussion.

Business Manager L.L. Mitchell reported on the functions and responsibilities of the Business Manager and Staff.

Ed Vallejo, member of the Clerical Job Grading Committee and Assistant Business Manager Larry Foss explained the function of the Job Grading Committee.

Business Manager Mitchell expressed his thanks to the Stewards who gave up a Saturday to attend the training session.

Shown above are some of Local 1245's Shop Stewards who work in PG&E's General Office and various offices in San Francisco Division.

This photo shows more of the people who attended the Clerical Shop Stewards training session.


This photo gives a closer view of those sitting in the back row at the stewards meeting.

The photos above and below gives different views of those attending clerical stewards training session.

Bus. Rep. Shirley Smith is shown explaining the duties of a shop steward.
The nuclear initiative is BAN NUCLEAR PLANTS
BAD ECONOMICS
BAD ENERGY POLICY
Its passage would have serious results. Here are 10 negative consequences the nuclear initiative would produce:

1. Existing nuclear plants and those under construction would be shut down. No new nuclear plants could be built.

2. California's energy policy would fall into the hands of a minority of our elected state representatives. This minority would give a one-third minority in either house of our legislature control over the state's energy future.

3. Chronic electricity shortages would become a very real possibility.

4. Utility bills would rise sharply.

5. California's electric economy would become dependent on imported coal.

6. Reliance on unproven or unlimited energy alternatives would be inadequate.

7. California would isolate itself from the rest of the nation on energy matters.

8. The initiative would add politics to safety regulation and impose a new and unnecessary layer of bureaucracy.

9. Nuclear technology, with a proven record of safety, would be outlawed without providing for any alternative energy source of equal or greater safety or less hazard to the environment.

10. Nuclear technology, with a proven record of safety, would be outlawed without providing for any alternative energy source of equal or greater safety or less hazard to the environment.

Government said that the number of black persons in this category did not change significantly, it said.

More in poverty under Ford

A new report by the Census Bureau disclosed that there were 24.3 million Americans in poverty in 1974, about 9.4 million were black or Hispanic, a four percent jump — reflected "the downturn in the economy and the substantial inflation" between 1973 and 1974.

The Nuclear Shutdown

Shutdown Inevitable

Nuclear power is now comprehensively regulated by the nuclear Regulatory Commission, an organization of full-time, highly trained experts.

In addition, the new California Energy Resources Conservation and Development Commission has authority for power plant siting and related matters.

The initiative would add to the regulatory process political judgments arrived at on the advice of an underfunded, non-expert, part-time volunteer group.

There is strong legal opinion that the initiative is unconstitutional.

Because Prop. 15 seeks to usurp the authority of the federal government to regulate nuclear power as part of a comprehensive national energy policy, passage would result in long and costly litigation. The energy industry would be paralyzed until significant legal problems were resolved by the courts.

Nuclear technology, with a proven record of safety, would be outlawed without providing for any alternative energy source of equal or greater safety or less hazard to the environment.

Dr. Ian A. Forbes, Chairman, Nuclear Energy Dept., Lowell Technological Institute, has written: "Rigorous examination of the present risks, costs and impact of all electric power sources leads to the conclusion that nuclear power is more than acceptable; it is preferable. A call for a nuclear moratorium is without merit."

The Nuclear Shutdown

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CALIFORNIA-PACIFIC UTILITIES COMPANY (Lassen Division)

Local 1245 members employed in the Lassen Division of California-Pacific Utilities Company have ratified a one year agreement which provides for a 9% general wage increase. Other improvements include: minimum callout increased from 1.1/2 to 2 hours; exchanged Columbus Day for the day after Thanksgiving; and added a section allowing employee to use up to 3 days of sick leave for illness in immediate family.

CALIFORNIA-PACIFIC UTILITIES COMPANY (Needles District of the Colorado River Division)

Union's membership employed at this property have ratified an agreement which provides an 8% general wage increase; replacement of broken or worn out tools; revision to Section 19.5 providing maintenance of pay when changing classification in a Line of Progression; inclusion of a "savings clause"; added language allowing employee to use up to 3 days of sick leave for illness in immediate family. (This had been in practice for four year on a trial basis.) Company also agreed to establish job definitions and lines of progression for all classifications.

NEVADA IRRIGATION DISTRICT

Local 1245 members employed by the Nevada Irrigation District ratified an Agreement on April 21st which provides for a $30 a month across-the-board increase, an additional holiday (Admission Day), an arbitration clause was added on a two-year trial basis, increased vacation, and it was agreed that a professional study would be made of job classifications by State Personnel Services. Union representatives are to meet with the State to discuss the purpose and procedures of the survey and to comment on subjects relative to the survey; i.e., area, comparable agencies, etc.

Recent Settlements

Interim Negotiations Settlement

Nuclear Power Plant Operators

Interim negotiations with respect to premium payments in conjunction with the Nuclear Regulatory Commission's licensing procedure for operators at nuclear power plants have been concluded and the letter agreement was signed on April 28, 1976.

The following schedule with nuclear premiums for qualified licensed operators was adopted:

1. Nuclear Auxiliary Operator premium - $32.40 per biweekly pay period
2. Reactor Operator license premium - $40.40 per biweekly pay period
3. Senior Reactor Operator license premium - $52.50 per biweekly pay period

Effective January 1 of the year foregoing premiums shall be increased by an amount equal to the percentage increase in the Bureau of Labor Statistics' Consumer Price Index - all cities - between November and November of each year. Following the application of the appropriate percentage increase and the rules of rounding, if the premium ends in a number other than 0 or 5, it shall be increased to the next premium.

Provisions were also included relating to the training and testing requirements for initial Reactor Operator and Senior Reactor Operator licenses, with special provisions being adopted for Humboldt Bay Power Plant and for the NRC requalifying requirements for renewal of such licenses.

These provisions will be set forth in the Job Definitions/Lines of Progression applicable to operating employees in the Steam Generation Department under the heading "NOTES APPLICABLE TO LINES OF PROGRESSION AT HUMBOLDT BAY AND DIABLO CANYON POWER PLANTS."

Copies of the letter agreement are being provided to all directly involved members and will be available upon request to other concerned members.

AD HOC NEGOTIATIONS

LABOR AGREEMENT CLARIFICATION - SECTION 202.17 - TITLE 202 "HOURS":

On April 8, 1976, a letter agreement was executed placing into effect the results of Ad Hoc negotiations which arose out of the issues raised in Review Committee Case No. 1390-75-19 (Coast Valleys Division) and Review Committee Case No. 1384-75-13 (North Bay Division).

This agreement provides for limited application of Section 202.17, Title 202 "Hours" to shift employees who are assigned to static day schedules. The application of Section 202.17 to shift employees is limited to the start-up or testing of a new facility or of a new unit at an existing facility. It is further limited to situations where additional shift employees are being added and requires that the employees' transfer from static shift must be placed on a rotating shift schedule.

The Labor Agreement Clarification is being updated to include the foregoing.

Bargaining and Freedom

Those who read only headlines probably believe labor and management are constantly at each other's throat and can't agree on anything. That, of course, is the nature of news—conflict is newsier than peace. Three million fifteen thousand, eight hundred four.

So a strike—which occurs in less than 2 percent of all negotiations—is news; the 98 percent settled without a strike are not.

That is my point: Labor and management are constantly striving to improve. For example, in the steel industry, labor and management have agreed on an alternative to the strike—binding arbitration.

Of course, collective bargaining is not perfect. Labor and management are constantly striving to improve. For example, in the steel industry, labor and management have agreed on an alternative to the strike—binding arbitration.

It has been successful, but only because both sides agreed. Nobody forced either the union or the companies to agree.

Some editorialists contend the answer to strikes or lockouts is to have the government compel all unions and all companies to settle their disputes through arbitration. But compulsion would be the death knell for collective bargaining, a free trade-union movement and the free enterprise system. It would undermine a basic American freedom.

Only a dictatorship can compel workers to work against their will or force management to sign a contract it does not want. No free American wants government to direct his life.

While strikes sometimes cause public inconvenience, they are an inherent part of the liberties we all enjoy—free speech, freedom of association, the right of contract. The exercise of liberties in a democratic society is not only healthy, it is vital. As President Dwight D. Eisenhower put it: "The right of men to leave their jobs is a test of freedom. Hitler suppressed strikes. Stalin suppressed strikes... Each also suppressed freedom. There are some things worse, much worse, than strikes. One of them is the loss of freedom."

So labor and management support free collective bargaining, which has brought to American workers the highest standard of living in the world, strengthened the economy by increasing consumer buying power, and provided a common sense mechanism for resolving problems.

Collective bargaining is not perfect, but it works. And responsible labor and responsible management must and do work to make it better.

-AFL-CIO President George Meany

In an advertisement sponsored by United States Steel and published in numerous newspapers and magazines.

Attend Unit Meetings

Gun Registration

Proposals to "register guns" under the implication that registering guns would deprive criminals of their firearms, (who's use does not seem to be the actual reason for such registration of guns, if we judge the result of the Washington, D.C. gun registration.)

In 1968, The D.C. City Council enacted one of the nation's most stringent gun control laws. A citizen had to obtain a license to own firearms and register all firearms in the citizen's possession. Police clearance, finger printing and "mug" shots were requested to get the license.

During hearings prior to its enactment, officials of the D.C. government gave assurance that it would not at some future point confiscate these legally registered firearms from their licensed owners.

In February of 1975, a bill was introduced which would confiscate all legally registered pistols and shot guns of the D.C. citizens. As a temporary sop to hunters it would still permit, for the time being, rifles to be owned by the citizens. However, these "lucky" people who are permitted to keep their rifles disassembled must submit a report "to the Chief of Police in writing each time the rifle is fired, by and to the knowledge of the licensee, no later than the fifth day of the month in which the rifle was fired."

No where in the bill is there any indication that criminals will be more severely punished for using a weapon in the commission of a felony. No where is it indicated that criminals who use weapons in the commission of a felony will receive more than a light sentence or even be restrained. When on bail from using a weapon in the commission of a felony to get funds to pay an attorney who, because of plea bargaining, get a reduced sentence for his client.

Before we accept "Big Brother's" concern for our safety from criminals with guns we should refresh our memory as to Watergate, the illegal action of the CIA, FBI, IRS, the Bank Secrecy Act, the physical and electronic surveillance of U.S. citizens, the secret foreign deals, illegal contributions to our legislative representatives and deliberate false statements from our elected representatives, etc. Welcome to 1984 in 1976.

Labor's Community Report

Utility Reporter—April, 1976—Page Seven
What Should You Do If Someone is Choking?

What DO YOU DO? You are sitting at the dinner table, laughing over a funny story, when suddenly the person next to you turns pale and collapses. At first glance it looks like a heart attack. But then you notice that the victim can't talk—he is choking on a piece of food caught in his windpipe.

You have four minutes to save his life.

Should you slap him on the back? Should you offer him a glass of water? Should you reach into his mouth and try to dislodge the chunk of food? Those were the old methods of trying to help a choking person, but now a doctor in Cincinnati has come up with a new solution.

Dr. Henry Heimlich, director of surgery at Cincinnati Jewish Hospital, offers this advice:

"Stand behind the victim and put both of your arms around him. Let his head, arms and upper torso hang forward. Grab your fist with your other hand and place it against his abdomen slightly above the navel and below the rib cage. Press up rapidly against his abdomen. This forces the diaphragm up and compresses the lungs. Hopefully the food will pop out like a cork from a champagne bottle."

"If the victim is too heavy for you to hold, lay him on his back and sit on his hips. With the heel of your left hand pressing against the back of your right hand, push forward into his abdomen just above the belt."

"A second person should be prepared to remove the ejected food from the victim's mouth—particularly if he's on his back—with a spoon or fingers."

"Apply artificial respiration if the victim still has trouble breathing after the food is removed. Then get him to a doctor to have him checked over."

If you choke on something while you are alone use the technique on yourself by pressing your fist rapidly against your abdomen.

Dr. Heimlich's discovery was triggered by a newspaper article. "Until a year ago I hadn't thought much about choking because I didn't realize it was a big problem. But then I read a report from the National Safety Council that choking causes 2,900 deaths a year. So I decided to do something about it."

"The idea of the champagne cork disturbed the reflex mechanism which stimulates you to breathe when you need more oxygen. In such cases swimmers have been known to lose consciousness while actually continuing to swim. If this happens, spectators watching the swimmer may not suspect anything is wrong until final collapse occurs."

"Experts add that vigorous exercise can result in a person hyperventilating. It's therefore best not to swim underwater after recently swimming vigorously on the surface."

"With warmer weather upon us, it's also wise to be aware of other water safety hazards which can drown unsuspecting swimmers."

"Alcohol and smoking may not mix. Evidence suggests that drowning risks are higher when a person has been drinking."

"SMALL CHILDREN mustn't be left unwatched for EVEN A MINUTE near ANY water, including the BATHTUB. Have them wear life jackets when playing by the pool or on the beach. Keep private pools fenced and tamperproof. Keep children away from swim pools with diving boards, "child-proof" by making sure they are adequately covered or enclosed when not supervised."

"Ground pools should have ladders removed when not in use."

"BEWARE of unfamiliar swimming spots, the American Red Cross warns. Hidden hazards such as deep holes and treacherous currents may lurk in their depths."

"Avoid swimming alone, or when overtired or overheated. Adjust GRAVITY to the cold weather. Before DIVING, be sure the water is sufficiently deep and there are no other swimmers or hidden obstacles beneath you. Wear life preservers when boating, water skiing or enjoying other water sports, ESPECIALLY if you can't swim."

"Does a member of your family suffer from an ailment which involves periodic lapses of consciousness (seizures, for example)? Ask your physician for guidelines on participating in water sports. Follow them CAREFULLY. "In particular, such patients should be advised to bathe in the smallest possible amount of water, lie on the floor of the bathtub that exposure is most frequent and the danger least evident."

"There's added safety in selecting swimwear with an eye to visibility. The colors yellow and orange are particularly easy to see."

"Pool owners can raise the chances of saving a swimmer in trouble by keeping simple rescue devices (such as reaching poles) within quick, easy grasp. Pools used at night should be properly attended and equipped with underwater or overhead lighting which provides needed visibility."

"When swimming at night, make sure a responsible person knows where you are."

"Act now to insure that every member of your family knows basic rescue techniques. These should include artificial respiration and methods of pulling a person to safety if the rescuer hasn't been trained in lifesaving. Information or instruction classes should be available at your nearest local YMCA, YWCA or chapter of the American National Red Cross. You may also want to consult the Red Cross manual STANDARD FIRST AID AND PERSONAL SAFETY (Doubleday & Company, Inc., paperback, $1.95)."

"A final VERY IMPORTANT CAUTION. Seek prompt follow-up medical assistance in cases of near drowning. Even if artificial respiration revives the victim and he seems to recover, there may still be a risk of SHOCK, SECONDARY DROWNING OR LUNG INFECTION."

"Remember, if you're careless in the water, YOU MAY NOT COME OUT ALIVE!"

Health's-a-poppin'

How You breathe May be why you Drown
(Watch out in the water)

by Marion Wells

Research Director, American Physical Fitness Research Institute

DROWNING is a leading cause of ACCIDENTAL DEATH in the five to twenty-four year old age group. The culprit is a number of unexplained drowning deaths in seemingly healthy competent swimmers may be EXCESSIVE DEEP BREATHING (hyperventilating) right before swimming underwater.

Authorities explain that hyper-ventilating may alter your body's carbon dioxide level in a way that disturbs the reflex mechanism which stimulates you to breathe when you need more oxygen. In such cases swimmers have been known to lose consciousness while actually continuing to swim. If this happens, spectators watching the swimmer may not suspect anything is wrong until final collapse occurs.

Experts add that vigorous exercise can result in a person hyperventilating. It's therefore best not to swim underwater after recently swimming vigorously on the surface.

"With warmer weather upon us, it's also wise to be aware of other water safety hazards which can drown unsuspecting swimmers."

"Alcohol and smoking may not mix. Evidence suggests that drowning risks are higher when a person has been drinking."

"SMALL CHILDREN mustn't be left unwatched for EVEN A MINUTE near ANY water, including the BATHTUB. Have them wear life jackets when playing by the pool or on the beach. Keep private pools fenced and tamperproof. Keep children away from swim pools with diving boards, "child-proof" by making sure they are adequately covered or enclosed when not supervised."

"Ground pools should have ladders removed when not in use."

"BEWARE of unfamiliar swimming spots, the American Red Cross warns. Hidden hazards such as deep holes and treacherous currents may lurk in their depths."

"Avoid swimming alone, or when overtired or overheated. Adjust GRAVITY to the cold weather. Before DIVING, be sure the water is sufficiently deep and there are no other swimmers or hidden obstacles beneath you. Wear life preservers when boating, water skiing or enjoying other water sports, ESPECIALLY if you can't swim."

"Does a member of your family suffer from an ailment which involves periodic lapses of consciousness (seizures, for example)? Ask your physician for guidelines on participating in water sports. Follow them CAREFULLY. "In particular, such patients should be advised to bathe in the smallest possible amount of water, lie on the floor of the bathtub that exposure is most frequent and the danger least evident."

"There's added safety in selecting swimwear with an eye to visibility. The colors yellow and orange are particularly easy to see."

"Pool owners can raise the chances of saving a swimmer in trouble by keeping simple rescue devices (such as reaching poles) within quick, easy grasp. Pools used at night should be properly attended and equipped with underwater or overhead lighting which provides needed visibility."

"When swimming at night, make sure a responsible person knows where you are."

"Act now to insure that every member of your family knows basic rescue techniques. These should include artificial respiration and methods of pulling a person to safety if the rescuer hasn't been trained in lifesaving. Information or instruction classes should be available at your nearest local YMCA, YWCA or chapter of the American National Red Cross. You may also want to consult the Red Cross manual STANDARD FIRST AID AND PERSONAL SAFETY (Doubleday & Company, Inc., paperback, $1.95)."

"A final VERY IMPORTANT CAUTION. Seek prompt follow-up medical assistance in cases of near drowning. Even if artificial respiration revives the victim and he seems to recover, there may still be a risk of SHOCK, SECONDARY DROWNING OR LUNG INFECTION."

"Remember, if you're careless in the water, YOU MAY NOT COME OUT ALIVE!"

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