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INSIGHTS

ChemStation



Hands-Only™ CPR

Most people who experience cardiac arrest at home, work, or in a public location do not survive because they don't receive immediate CPR from someone on the scene. The American Heart Association (AHA) says that as a bystander, don't be afraid; your actions can only help.

The AHA states that if you see a teen or adult suddenly collapse, call 9-1-1 and push hard and fast in the center of the chest to the beat of the classic disco song "Stayin' Alive" until help arrives. CPR can more than double a person's chances of survival, and "Stayin' Alive" has the right beat for Hands-Only CPR.

To see Hands-Only CPR in action, please view their video here:
http://www.heart.org/HEARTORG/CPRAndECC/HandsOnlyCPR/HandsOnly-CPR_UCM_440559_SubHomePage.jsp



Tank Telemetry

ChemStation's Tank Telemetry can help take the guesswork out of managing your chemical inventory by providing you with remote inventory monitoring and reporting solutions for our tank systems. This unique inventory management tool allows you to view tank level and demand forecasting information right on your computer screen. With Tank Telemetry you can track usage more efficiently, eliminate run-outs, and catch overuse early with a built-in alarm. For more information on this amazing technology, contact your ChemStation Representative.

THINKING GREEN

Coffee Grounds – A Second Life

As luck and nature would have it, turns out there's a whole slew of other productive uses for coffee grounds. Check out the following ways to use coffee long after the caffeine has kicked in.

Got ants? Try sprinkling used coffee grounds in problem corners. Supposedly the grounds repel snails and slugs, too, so if you're looking for a natural outdoor insect repellent, you can stop your search here.

Rid your fridge of that funky smell resulting from bad fruits, vegetables or spills from leftovers. Deodorize the interior with a bowl of used coffee grounds in the same way that you'd rely on a box of baking soda.

Adding some used coffee grounds to indoor plant dirt will help fertilize and keep plants healthy.

As you light the last of your winter fires, keep a can of used grounds next to the fireplace and when you go to sweep the ashes, first add a little sprinkling of the coffee. It will help with clean-up and cut down on airborne dust.

Lemons work great for ridding your fingers and hands from persistent kitchen cooking smells, but why waste a lemon when you can rub your hands together with coffee grounds that you would otherwise have tossed following your morning cup of joe?

Ways to Conserve Water

Collect the water you use while rinsing fruit and vegetables and use it to water house plants. Also, if you accidently drop ice cubes or have some left over in your drink, don't throw them in the sink. You can drop them into a house plant instead.

For more water-saving tips, visit:
http://wateruseitwisely.com/100-ways-to-conserve

Spring Cleaning

Spring is here and many of us will begin the annual chore of spring cleaning! One of the major tasks in spring cleaning is getting rid of all the clutter. One way to control clutter is to use the "four container method" – dividing clutter into boxes labeled trash, give away/sell, storage, and put away.

Trash: Items not worth donating/selling and damaged/broken items that are not worth someone buying and repairing.

Give Away/Sell: Think about the uses someone else might get out of the items vs. the use it gets buried in your cabinets or closets.

Storage: Things that you cannot part with but do not need on a regular basis. Make an inventory of the items as you box them.

Put Away: Items that need to be out on a regular basis. Determine if you have a place for each object or try to come up with a storage solution.

For spring cleaning checklists and more information on reducing clutter, visit:
http://housekeeping.about.com/cs/cleaning101/a/springclnngguid.htm



Germ Hotspots

Your Desk: Office desks harbor hundreds of times more bacteria per square inch than toilet seats. Wipe down your phone, keyboard, monitor, and desk with disinfectant wipes at least once a day.

The Break Room's Refrigerator Door: Even more disgusting than your co-worker's stinky lunch are the germs hanging out on the refrigerator door. Half of the most commonly touched surfaces in an office – like the fridge – can become infected with a sick person's germs by lunchtime.

Public Restroom Hand Dryers: Rubbing your hands under a traditional dryer can boost the number of bacteria on your skin by up to 45 percent. Use paper towels to dry – and to open the door as you leave.

ATM's: One study found that each key on an ATM harbors an average of 1,200 germs, including *E. coli* and cold and flu viruses.

Cold, Hard Cash: Each bill contains an average of 26,000 bacteria, according to Oxford University scientists.

Reusable Shopping Bags: They're better for the environment, but you could be lugging bacteria back and forth to the store, too. Researchers found coliform bacteria – from raw meat – and *E. coli* in nearly every reusable bag they sampled. Machine- or hand-wash your bags between uses, and use separate bags for meat and vegetables to avoid cross-contamination.



SOAPBOX

You know you are getting old when it takes too much effort to procrastinate.

For every minute you are angry you lose sixty seconds of happiness. – *Ralph Waldo Emerson*

Every survival kit should include a sense of humor.

Barry Manilow did not write his hit "I Write the Songs." He did, however, write State Farm's "Like a Good Neighbor" jingle and "I am stuck on Band-Aids, 'cause Band-Aid's stuck on me."

A habit is something you can do without thinking – which is why most of us have so many of them.

Success is the child of drudgery and perseverance. It cannot be coaxed or bribed; pay the price and it is yours.
– *Orison Swett Marden*

How is it that our memory is good enough to retain the least triviality that happens to us, and yet not good enough to recollect how often we have told it to the same person?

Sleeping through winter is hibernation, while sleeping through summer is estivation.

People are impelled to return to you the feeling you create in them. – *Robert K. Greenleaf*

ChemStation®

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By the Numbers



Gallons of soap delivered:
210,757,706 since 1984



Empty drums not in landfills:
3,831,958 since 1984