

## DDC employee helps save life

By Scott Woosley, DDC Command Affairs

Defense Distribution Center employees are involved in saving lives on the battlefield every day. They ensure our Warfighters have the necessary materials they need to fight and win.

One employee recently got more directly involved in saving a life when he stopped to give CPR to a man suffering from chest pains Jan. 12.

"I was on my way to work when I learned that there was a 'cardiac arrest in progress at the USF Holland Trucking Company behind the Hardee's on Paxton St.," said Terry Dobbs, an employee in the DDC's Logistics Operations Directorate. "I was only minutes away and knew that survival after more than five minutes of CPR is rare."

Dobbs, who is trained in CPR, said he felt compelled to help.

When he arrived at USF Holland, he was directed to the break room of the trucking company where he found an employee lying on the ground, unconscious and without a pulse.

Dobbs said that everyone was standing around without any idea of what to do.

The victim's co-workers told Dobbs that the 50-year-old man had eaten his

usual bowl of cereal before work and then collapsed. They also said that he had been complaining of chest pains for about a week.

"My first reaction was sheer panic," Dobbs said. "No one was performing CPR, so I knew time was critical."

But then his training took over. He assessed the situation and began providing first aid, including CPR, until paramedics arrived and took over.

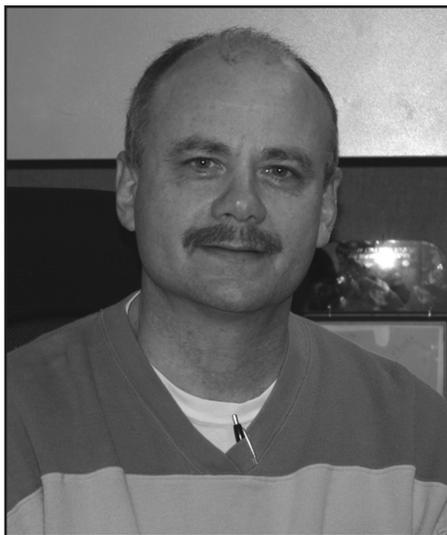
According to Dobbs, the survival rate of victims who suffer heart attacks

outside of medical facilities is about one to three percent and waiting for emergency personnel to arrive usually means the victim doesn't survive.

In this case, Dobbs' quick, knowledgeable response helped beat the odds—the victim was eventually taken to the hospital and recovered fully.

Dobbs gets a feeling of satisfaction knowing that he helped save someone's life.

"It's a satisfying feeling to hear the EMT call what I did a cardiac resuscitation," Dobbs said. "What a feeling."



Terry Dobbs, who works in the Defense Distribution Center's Logistics Operations Directorate, used his CPR training Jan. 12 to save a man who was having a heart attack.

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