

RSI Employee Albaro Diaz saves his mother, days after RSI's Safety Day



On June 13th, **RSI Roofing** shut down its production crews and hosted its yearly "Safety Stand Down" day. The 8-hour day consisted of Safety/Fall protection training hosted by **DBI Sala**, Electrical training by **SDG&E**, Fire Safety training by **Metro Fire**, and CPR/First Aid training by **Save a Heart**.

Albaro Diaz, a 2 year employee in the production department for **RSI** took part in the training. Little did he know that what he learned that day; he would be putting into practice the very next afternoon. It was a typical Saturday afternoon at his home here in San Diego. Family was over; the kids were playing in the pool-a very relaxing way to start off the weekend. Albaro's mother was outside in the pool while the rest of the adults resided inside. Screaming erupted and everyone rushed outside to see what the commotion was all about. Albaro's mother was passed out by the pool, skin blue and still wet from the water. Panic struck the Diaz family and Albaro's sisters began crying. Someone called 911 and one of Albaro's family members attempted The Heimlich maneuver, but with no luck. It is then when Albaro remembered a trick he learned from First Aid training the day before. Albaro grabbed a chair and placed her mom over the back of it just below her ribcage. He used his force and his mother's body weight to fall onto the back of the chair. This created pressure on her lungs from which the pool water flew from her mouth and cleared air for her to breathe again. She slowly came to life with violent coughs in Albaro arms with the family crying now in happiness. The ambulance arrived shortly after and asked what happened. Albaro saved his mother's life. He explained to the paramedics that his mother was drowning and had passed out. He just told them that he just put into practice what he had learned from his first aid class at his work the day before. The paramedics were impressed and said to Albaro, "You work for a great company" and that "Not too many companies commit the time and money to do that."

The very next day Albaro shared his story with the rest of the employees and thanked management for the "Safety Stand Down" day. It saved his mother's life and she is very thankful for **RSI**. Albaro said later, "Everything happened so fast and if it weren't for the training, I can't imagine what would have happened..."



Albaro pictured above, 4th from the left

All of the **RSI** employees that participated in the CPR training received CPR Certification. The hands-on training also included a Fire Extinguisher demo by Metro Fire that enabled the employees to put out a live fire with the training they received on-site. Fall protection and Electrical training on electrical lines were also a major focuses for the employees because of the nature of their work.

"Albaro in particular showed great interest in the training throughout the day and it paid off. It goes to show that safety training should be taken seriously because you never know when you are going to need it either at the job site or in your own home."

-Brent House, Operations Manager, RSI

