Toolbox
Safety Series

FIRST AID

An industrial accident requires prompt and responsible action to help employees who are injured. A knowledge of simple first aid rules is necessary.

To stop bleeding, have the victim lie quietly, then apply direct pressure directly to the wound with a sterile pad, or cleanest piece of cloth available. Place your hand on the dressing and press. Continue to add additional pads/cloths until medical attention is obtained.

For wounds to arms or legs which are more serious, apply pressure to the brachial or femoral arteries. (Speaker can demonstrate location by using a muscle of the arm and pressing fingers in the center of the bulge. Leg – press hand on the mid-groin against the underlying pelvic bone.) Never use a tourniquet unless you are willing to risk the loss of a limb to save a life.

Minor wounds such as cuts and scratches should always be treated.

Harmful chemicals in the eyes need quick action. Dilute the chemical by pouring water into the eyes. Continue for a minimum of fifteen minutes. Hold the eyelids open to allow the flushing of the materials.

Particles that are floating on the surface of the eyeball or are under the eyelid can be removed with the corner of a clean cloth. Never rub the eye to remove a floating particle. Particles that are embedded in the eye require different treatment. Lie the victim down, over the eye with a sterile pad, bandage in place, and get medical attention.

An accident can bring on a condition called shock. A person in shock may seem weak and confused. They may feel cold, appear pale, have a clammy skin, feel nauseated, and the pupils of their eyes are dilated. Lie the victim down on his/her back, elevate the feet slightly, unless there is an injury to the head and chest. In this case, raise the head and shoulders with pillows. Place blankets over and under the body to conserve heat. Don't overheat. Don't give any fluids.

Let's review the more important first aid procedures:
•   Get first aid for all wounds, even minor ones.
•   Stop severe bleeding with direct pressure on the wound, preferably with a sterile pad or clean cloth.

Irrigate eyes that have been splashed with dangerous chemicals and remove foreign particles with a bit of clean cloth.

•   To treat for shock, have the victim lie down, cover him/her and elevate the feet slightly. Raise the head and shoulders on the pillows if there are head or chest injuries, or if the victim has difficulty breathing.

If you can remember these few rules, you will be able to act in a mature, responsible way during an emergency.

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FIRST AID

LEADER NOTES

Objective: To introduce basic first aid concepts covering bleeding, eye injuries, and shock.

Potential Injuries: Wounds, chemical and foreign body eye injuries, and shock treatment.

THE TALK – POINTS TO COVER

Bleeding:

- Stop the bleeding immediately.

- Apply direct pressure directly to the wound with a sterile pad or cleanest cloth available.

- Serious arm or leg wounds may need the application of direct pressure to the brachial or femoral arteries.

- Never use a tourniquet.

- Minor wounds should always be treated.

Eye Injuries:

- Hazardous chemical splashes in the eye must be flushed with water for fifteen minutes while holding the eyelids open.

- Remove floating foreign particles with the corner of a cloth. Never rub the eye.

- Embedded particles are to be covered with a clean cloth. Medical attention should be obtained immediately.

Shock:

- When someone goes into shock, have the victim lie down, cover him/her and elevate the feet slightly.

- For head and chest injuries, raise the head and shoulders with pillows.

- Don't give the person any fluids.

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FIRST AID

Location:_____
Date:_____ Time:_____
Number of employees:_____ Number attending:_____

Record of those attending:

Name: (please print)	Signature:

Other safety issues or suggestions made by employees:

_____

_____

_____

_____

_____

_____

Manager's remarks:_____

_____

Manager:_____ **Supervisor:**_____
        (Signature)   **(Signature)**