

Worksite: _____ Instructor: _____ Date/Time: _____

Topic C023: Injuries

Introduction: Knowing what to do for an injured person until help arrives can save a life, especially in cases of severe bleeding, no respiration, poisoning, and shock. It is important for an injured person to get medical assistance as soon as possible. The outcome of occupational injuries depends not only on the severity of the injury, but also on the rendering of first aid care. Prompt, properly administered first aid can mean the difference between life and death, temporary versus permanent disability, and rapid versus prolonged recovery.

Following are guidelines for basic first aid situations that could be encountered at any workplace:

Moderate Bleeding — Elevate the wound above the heart if possible. Apply direct pressure to the wound with a sterile compress until bleeding stops.

Burn — If mild, with skin unbroken and no blisters, flush with cool water until pain subsides. Apply a loose, dry, sterile dressing if necessary. If severe, send for help. Do not break blisters or try to clean the burn.

Chemical in the eye — With victim's head tilted back, pour cupfuls of water immediately into the inside corner of the eye, letting it run to the other side to thoroughly remove chemicals. Continue to flush until medical help arrives or cover with sterile dressing and transport to the hospital.

Choking — The American Red Cross advises that the leading first aid method for choking victims is the abdominal thrust.

Cuts (minor) — After washing with soap under warm running water, apply antiseptic and cover with sterile bandage.

Foreign object in the eye — Touch object with moistened corner of sterile handkerchief if the object can be seen. If it cannot be seen or does not come out after a few attempts, get medical attention. Do not rub the eye.

Hyperthermia, Heat Exhaustion, and Heat Stroke — Remove the patient from the heat. Loosen any tight clothing and apply cool, wet cloths to the skin. Give the victim cool water, to drink slowly. If the victim refuses water, vomits, or experiences changes in consciousness, the victim is likely experiencing heat stroke and requires medical attention.

Amputation — If a limb or appendage is severed, it is important to properly protect the limb or appendage so that it can possibly be reattached. After the victim is cared for, the limb should be wrapped in sterile gauze or clean material and placed in a clean plastic bag or other suitable container. Pack ice around the limb on the OUTSIDE of the bag to keep the limb cold. Call ahead to alert emergency room staff of the situation.

Poisoning — Call an ambulance and the Poison Control Center and follow their directions exactly (do not induce vomiting unless so instructed).

Shock (injury-related) — Keep the victim lying down on his/her back; if uncertain as to injuries, keep the patient flat on their back. Maintain normal body temperature; if the weather is cold, place blankets or extra clothing over and under the victim; if weather is hot, provide shade.

Sprains and fractures — Apply ice to sprains to reduce swelling and pain. Do not try to straighten or move broken limbs. If properly trained, apply a splint to immobilize the injured area if the victim must be transported.

It is important to note that these guidelines are general in nature and do not cover every possible type of workplace injury. Recognize hazards, know where to access first aid materials in your workplace, and to never exceed your level of first aid training.

Conclusion: OSHA requires that in the absence of a medical facility near the workplace, a person or persons shall be adequately trained to render first aid. If the job is at a remote location, alternative means of reliable communication must be provided. Always be aware of the location of first aid supplies, who the company's designated "first responder" is, and the location of emergency numbers.

Employee Attendance: (Names or signatures of personnel who are attending this meeting)

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