

FIRST AID

At some point in time, everyone experiences an accident-injury situation where the injured person needs immediate help. Knowing what to do for an injured person until help arrives can save a life, especially in cases of severe bleeding, no breathing, poisoning, and shock. Here are some important things to remember if any of these situations arise.



- ✓ 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.
- ✓ Adequate first aid supplies appropriate to the particular workplace shall be provided and readily available.
- ✓ Remember that if you are the first to respond to an injury and don't know what to do, the 911 operator can walk you through the steps to help the injured person.

The following are some guidelines for basic first aid situations that could be encountered at any work site. These guidelines, however, are general in nature and one should never exceed your level of first aid training.

ANIMAL BITES

Thoroughly wash the wound with soap under running water and apply antibiotic ointment and dressing. When possible, the animal should be caught (carefully) alive for rabies testing. Seek medical attention.

MODERATE BLEEDING

Elevate the wound above the heart if possible. Apply direct pressure to the wound with a sterile compress until bleeding is stopped.

BURN

- If mild, with skin unbroken and no blisters,
 - Flush with cool water until pain subsides. Apply a loose, dry, sterile dressing
- If severe, with broken skin and blisters,
 - Send for help. Do not break blisters or try to clean the burn.

CHEMICALS IN THE EYE

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

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.

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CUTS

Five Steps For Treating Cuts:

1. Stop the bleeding, usually by applying direct pressure
2. Clean wound. If minor cut, wash with soap under warm running water. If the wound is more serious, cover with sterile, non-stick dressing & seek medical attention right away.
3. Apply antiseptic
4. Cover with sterile bandage.
5. Treat for shock (see below). Always seek medical attention when cuts or lacerations are more serious, especially when tissue has been torn away from the body or when bleeding cannot be controlled.



FOREIGN BODY 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.



HEAT EXHAUSTION / 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 immediate medical attention.

HYPOTHERMIA

Move the victim to a warm place. Remove wet clothing and dry the victim, if necessary. Warm the victim gradually by wrapping the person in warm blankets or clothing. Apply heat pads or other heat sources if available, but do not place directly to the body. Give the victim warm, sweet liquids. Call an ambulance if breathing is slowed or stopped or if the pulse is slow or irregular.

FROSTBITE

Handle frostbitten areas gently; DO NOT RUB! Soak the affected area in water no warmer than 105°F. Seek medical attention.



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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; if uncertain as to the type of injury, 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.

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