

**WHAT DO I REALLY NEED TO REMEMBER ABOUT FIRST AID?**

**BEFORE ADMINISTERING CARE SIZE UP THE SCENE AND FORM AN INITIAL IMPRESSION.**

**PAUSE AND LOOK AT THE SCENE AND THE PERSON BEFORE RESPONDING.**

ANSWER THE FOLLOWING:

- ◆ IS THE SCENE SAFE TO ENTER?
- ◆ WHAT HAPPENED?
- ◆ HOW MANY PEOPLE ARE INVOLVED?
- ◆ WHAT IS MY INITIAL IMPRESSION ABOUT THE NATURE OF THE PERSON'S ILLNESS OR INJURY?
- ◆ DOES THE PERSON HAVE ANY LIFE-THREATENING CONDITIONS, SUCH AS SEVERE, LIFE-THREATENING BLEEDING?
- ◆ IS ANYONE ELSE AVAILABLE TO HELP?



First aid refers to medical attention that is usually administered immediately after the injury occurs and at the location where it occurred. It often consists of a one-time, short-term treatment and requires little technology or training to administer. First aid can include cleaning minor cuts, scrapes, or scratches; treating a minor burn; applying bandages and dressings; the use of non-prescription medicine; and drinking fluids to relieve heat stress.

**WHEN FIRST ON THE SCENE:**

- Designate a leader-A worker who has had first aid training or the senior worker should assume leadership. This person should direct the rescue until the emergency squad arrives and should update the squad on treatment administered.
- Assign a specific person to call for help-The ambulance dispatcher will need to know location and condition of field (muddy, steep, rough), type of equipment involved in the accident, number of victims and the extent of their injuries.
- Assess the rescue situation-Evaluate the situation and develop an escape plan. Stabilize equipment to minimize the chance of collapse or further injury. Knows the limitations of the helpers and equipment.
- Establish a hazard zone-This allows the rescuers room to work at freeing the victim. Only the rescuers should be in the area. This area may contain hazards such as fire, toxic or flammable gases and structural damage.
- Provide emergency first aid-Restore breathing and circulation if necessary. If bleeding, apply pressure to related pressure points. Administer any additional first aid treatment.
- Stay calm- Calm the victim by keeping one rescuer near the victims at all times.
- If amputation occurs- Locate the appendage and wrap it in a moist towel . Keep it on ice, but do not let it freeze. If the appendage is in pieces, send each piece to the hospital as it is found.

**WANT TO AVOID A WORK  
RELATED INJURY? TRY  
FOLLOWING THE  
FOLLOWING:**

- ✓ Only use the appropriate tool for a specific task.
- ✓ Ensure that scaffolds, ladders, and stairs are steady, dry, clean, clear of obstacles, and can hold the appropriate weight.
- ✓ Support trenches with sloping or shoring, ensure that there's an engineered support system in place, and watch that exits are nearby and easily accessible.
- ✓ When operating tools, vehicles, or other heavy machinery, be vigilant for your own safety and that of the people surrounding you.
- ✓ Treat each chemical spill as a high hazard.
- ✓ Always wear appropriate protective equipment.
- ✓ Always Reduce your risk strain and of falling by practicing good posture and balance.

**THE PURPOSE OF TOOLS: ERGONOMIC, PRACTICAL,  
AND SAFE  
USE THE PROPER TOOL FOR THE DESIGNATED TASK.**

- ◆ Frequent use of inadequate or poorly designed equipment will eventually lead (tendonitis, trigger finger, carpal tunnel syndrome).
- ◆ **Never carry/yank a tool by its cord or hose. keep these cords or hoses far from oil, heat, water, and sharp edges.**
  - ◆ Protect your ears and eyes from intense noises and vibrations; opt for power tools with lower vibrations, muffled noises, and longer trigger tools.
  - ◆ **Ensure hand tools do not conduct heat or electricity.**
- ◆ Maintain good posture and balance the tools in correct alignment to your body .
- ◆ **Keep other people well away from machine-operating areas..**
- ◆ Always be aware of your surroundings. Have a care for overhead lines, obstructions, low clearances, underground utilities, and other such obstacles that could prove to be a nuisance or a lethal hazard.
  - ◆ **Know, understand, and follow your workspace's comprehensive safety program issued for that specific workspace, job position, and task at hand.**
- ◆ Don't use damaged tools; examine each one before its use to ensure that it is in proper working condition. Maintain tools in *good, clean workina order*



**THINK ABOUT YOUR OWN HEALTH:** Do you have high blood pressure, diabetes, asthma, sleep apnea, or another condition that would be important in the event of a health emergency?

1. Do other crew members know how to contact your family in case of an emergency?
2. Do you carry an ICE (in case of emergency) card? Why not?
  - Appoint a worker to lead until the emergency squad arrives.
  - Call for emergency help as quickly as possible.
- Assess the situation and start first aid.
- Establish a hazard zone.
- Locate any appendage and transfer to the care unit.

Equipment: aed, kit, extinguisher, eye wash, bbp clean up kit and other emergency supplies



**True or False**

1. Someone should take the leadership of the rescue activity as soon as possible.  
T  F
2. If additional help is needed, do not hesitate to call for assistance  
T  F
3. After locating a missing appendage wrap it in a moist towel and place it on ice.  
T  F
4. Plan the rescue and then take action.  
T  F
5. One rescuer should remain with the victim at all times.  
T  F

Answer Key  
1. T, 2. T, 3. T, 4. T, 5. T

**In Case of Emergency**

Full name \_\_\_\_\_  
 Date of Birth \_\_\_\_\_ Blood type \_\_\_\_\_  
 Address \_\_\_\_\_  
 Cell \_\_\_\_\_ Work \_\_\_\_\_ Home \_\_\_\_\_  
 Current Meds \_\_\_\_\_  
 Conditions \_\_\_\_\_  
 Physician \_\_\_\_\_ Phone \_\_\_\_\_  
 Allergies/additional info \_\_\_\_\_

**In Case of Emergency**

Emergency Contact #1 \_\_\_\_\_  
 Relationship \_\_\_\_\_ Work phone \_\_\_\_\_  
 Cell phone \_\_\_\_\_ Home phone \_\_\_\_\_  
 Emergency Contact #2 \_\_\_\_\_  
 Relationship \_\_\_\_\_ Work phone \_\_\_\_\_  
 Cell phone \_\_\_\_\_ Home phone \_\_\_\_\_  
 Additional info \_\_\_\_\_  
 \_\_\_\_\_  
 Last updated \_\_\_\_\_