## FOR THE LEADER

First Aid T201312-03

# BEFORE THE TALK PREPARATION TIPS **AFTER THE TALK CHECKLIST** Think about asking for assistance from first aid personnel or company nurse Provided extra training to workers who did in presenting this safety talk. You could also line up volunteers ahead of time poorly on quiz to help demonstrate basic first aid techniques. Date: This safety talk is intended only as an introduction to the importance of learning first aid and is not intended as a substitute for training in first aid or ■ Observed workers CPR. Find out how and where participants can obtain training, and be ready Date: to encourage them to do so. If your company offers assistance for employees in obtaining training, be sure to mention this. ■ Refresher training Be prepared to point out the location of first aid kits, safety showers, Date: eyewashes and other emergency equipment. Also be ready to explain how to identify and contact first aid personnel in the work area. ■ Other (describe) Ask, "What other safety concerns have come up as a result of the discussion on this topic?" Date: Location: \_ Meeting conducted by:\_\_ MEETING WAS ATTENDED BY: Each participant is to sign below, for record kept on file.

Answers to T201312-03 Quiz:

1. True, 2. Stay calm and not talk about the nature of the injury, 3. True, 4. True, 5. True



# **Don't Just Stand There-Learn First Aid & Help**

An injured worker needs care now — can you administer it? Proper training, supplies and equipment are essential for providing prompt care to injured workers. If you have ever been faced with an injury, no matter how small, you will probably know the value of first aid.

#### WHAT'S AT STAKE?

Research reveals:

- Approximately two-thirds of people (59%) wouldn't feel confident enough to try to save a life
- Approximately a quarter (24%) would do nothing and wait for an ambulance to arrive or hope that a passer-by knows first aid.

Applying first aid can range from cleaning a simple cut on a finger to performing CPR (cardiopulmonary resuscitation) on a heart attack victim. First aid is the initial assistance given to a person until medical help arrives. In the first critical minutes of a serious accident or illness, you can lessen the effects of the injuries or save a life.

Whether you learn first aid to treat a minor injury or assist at an accident scene, it is a very useful skill. Various courses of different skill levels are often available through employers, community organizations or first aid schools.

#### WHAT CAN GO WRONG

A vehicle gently collides with a forklift and the operator is thrown from his seat. He suffers no visible injuries except for bruising, but soon goes into cardiac arrest. Someone calls an ambulance, but none of the victim's co-workers are trained in first aid, so no one attempts to administer CPR. He dies before paramedics arrive.

#### **HOW TO PROTECT YOURSELF & OTHERS**

Here are some basic guidelines for use in emergencies:

- Check the accident scene for fire, explosion, electrical and other hazards before entering it.
- Avoid general panic by staying calm yourself. Assign someone to summon help.

- Ask co-workers or bystanders to control crowds, traffic and direct emergency personnel to the scene. Always remain with the injured person. Only move the victim if he is in immediate danger from fire, explosion or other life-threatening hazards.
- Carefully examine the person for signs of breathing, consciousness, broken bones or bleeding.
- If the person has no pulse and you are able to perform CPR, do so.
- To help control heavy bleeding, remember the three P's: Position of the patient level. Position of the wound keep it higher than the heart. Pressure using a clean cloth on the wound. If there is an object embedded in the wound, apply pressure on either side.
- Loosen restrictive clothing to assist the victim's breathing and blood circulation. If the victim is conscious, talk to him in a reassuring voice. If his injury is severe, try not discuss it with others or to let the victim see it because this can contribute to shock.
- Keep the person warm, calm and lying down to help prevent shock. However, some people will feel more comfortable in a sitting position if they are having trouble breathing.
- Only as a last resort, transport the victim to medical aid yourself.

#### **FINAL WORD**

If you learn first aid, you may have the opportunity to save a life one day - maybe even your own. ■

Meeting material to go: Safety meeting materials such as presentation tips, PowerPoint presentations, quiz answers and more are downloadable at <u>www.</u>
SafeSupervisor.com

### **TEST YOUR KNOWLEDG**

1.	
••	Before rendering assistance in an emergency, the first step is to check the incident scene for fire, electrical and other hazards.  □True □False
2.	To avoid sending an injured person into shock, you should
3.	Co-workers can be used for crowd control.  □True □False
4.	If the victim is bleeding heavily, the area of the wound should be positioned above the heart.  □True □False
5.	Research shows that about one in four people would wait for help to arrive instead of trying to administer first aid to a victim.  □True □False
A of	<b>/hat Would You Do?</b> co-worker removes an item from one the first aid kits supplied by your
	orkplace. What do you do?