



Let's Talk Basic First Aid

ToolBox Talks from the SWPA

Emergency medical situations can happen anytime, **anywhere, and to anyone.** Workers' with first aid training can react calmly and skillfully in an emergency situation.



➡ Look the situation over and make a careful assessment: if possible, determine the cause of the injury, accident, or illness.

➡ **Call for help: If you are not alone, designate someone to call for help immediately.**

If you are alone you will need to determine the seriousness of the injury and may need to provide details about the injury and your location.

➡ Do not move the victim if: Chance of spine, back, or neck injury is apparent, or if you may aggravate the injuries. Victims of spine, back, and neck injuries should only be moved if the victim is in greater danger by not being moved (i.e. fire)

➡ If needed, clear the airway: Lack of oxygen can cause brain damage and may kill a person within a few minutes. If a person cannot speak, cough, or breathe, the airway may be obstructed.

➡ Control heavy bleeding: Use clean dressing to control excess blood loss by applying constant direct pressure. If possible, elevate the injury above the heart or nearest pressure point. Avoid use of a tourniquet unless the person is in danger of bleeding to death and you have been trained to apply one.

➡ Treat for shock: Signs include cold pale skin; nausea; a rapid, faint pulse; rapid breathing or panting; and weakness. Keep the victim lying down and covered up only enough to maintain body heat. Do not move the victim unless necessary and get them immediate medical attention.

➡ A quick, calm response to any emergency is imperative. Good first aid skills are needed to prevent further injury and to keep any injury from getting worse and possibly even saving a co-worker's life. Taking a first aid class and receiving first aid training is a responsible decision for any worker and active member of the community.

IMPORTANT REMINDER : When providing first aid care, one should never exceed the level of training.

Review these principles: Know your limitations – Give only the first aid you are qualified to perform. In a medical emergency, always get qualified medical attention to the victim promptly. In any emergency, give urgent care first. Don't ever give anyone CPR unless you are trained to do so. Always know the location of your first aid kits.

REMEMBER... Never exceed your level of training when providing first aid.
Call 911 and always know your location coordinates!



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Toolbox Talks are provided as a courtesy to SWPA members. Please remember they are to assist you in developing a safety plan. Keep in mind OSHA, Department of Labor and Insurance requirements may change over time and it is your responsibility to make sure your safety plan is up to date. Reference: OSHA, NIOSH, FRA

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TOPIC: _____ DATE: _____

LOCATION: _____ TRAINER: _____

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