

First Aid Training



Session Objectives



- You will be able to:
 - Understand and execute a fast and proper response in an emergency
 - Identify proper safety procedures for illness and injury
 - Understand the steps to take when reporting a workplace accident or illness

Protection Against Hazards

- Call for medical help immediately
- Bring help TO the victim
- Don't move an injured person unless it's necessary to save the victim's life
- Know where the first-aid kits are kept at your location
- Check to see if the victim is breathing
- Don't use medication without a doctor's supervision
- If you're not sure what to do, make the phone call for professional help and wait

Safety Procedures – Injury

- Bleeding
 - If bleeding is severe, call 911 first. Heavy bleeding can be life-threatening
 - Apply direct pressure to stop bleeding using a clean cloth or gloved hands
 - The Red Cross no longer recommends elevating the wound above heart level. This method has not proven to be effective and may distract rescuers from applying direct pressure.
 - Do not use a tourniquet
- Amputated limb
 - Place the limb in a plastic bag with ice and rush it to the hospital with the victim
- Shock
 - Lay person down
 - Cover and raise their feet above heart level
 - Do not provide anything to drink
 - Check regularly for breathing

Safety Procedures – Injury

- Broken bones
 - Do not move the person unless necessary
 - Keep person still and wait for help
- Eye injuries
 - Chemicals – flush with water for at least 15 minutes. Then close the eyes, cover them with a clean cloth and get medical help
 - Foreign object or shard of glass – If something is stuck in the eye, just keep the person calm until medical help arrives
- Electrical shock
 - Don't touch a person in contact with a live electric current
 - If you must move a person from a live wire, stand on something dry and use a dry stick or board to push the person off the wire.
 - Turn off the main electric switch or fuse

Safety Procedures

- Burns
 - Chemical burns
 - Treat chemical burns by flushing the burned part of the skin with water for 15 minutes and carefully remove the contaminated clothing
 - First-degree burns
 - The least serious, the skin is red
 - Second-degree burns
 - The skin is red and there are blisters
 - Third-degree burns
 - The most serious, the skin is destroyed, tissues are damaged and there is charring
 - How do you help a burn victim?
 - Wrap a person who is on fire in a blanket or coat or make the victim drop and roll.
 - Cut away loose clothing, but don't touch clothing that's stuck to a burn.
 - Don't rub the body.
 - Immerse first and second-degree burns in cold, running water to relieve pain, then cover the skin with a moist sterile dressing.
 - Elevate burned limbs.
 - Treat the victim for shock and check for breathing problems.
 - Don't use ice, lotion, or ointment on a burn.

Safety Procedures – Cont.

- Chemical Exposure
 - Eyes and skin
 - Flush with water for 15 minutes
 - Inhalation
 - Move to fresh air and administer artificial respiration or CPR if necessary and if you know how
 - Ingesting
 - Get medical assistance and check the SDS or call the poison control center.

Safety Procedures – Cont.

- Not breathing
 - Call 911 ASAP
 - Begin compression – only CPR immediately if trained in CPR
 - Compression rate should be 100 per minute at a depth of 2 inches. Trained rescuers should start with 30 compressions, then 2 breaths, and continue until help arrives.
 - If an automatic external defibrillator (AED) is available, start using it until emergency medical services arrive

Safety Procedures – Cont.

- Choking

- The quickest way to check if someone is choking is to tap the person's shoulder and ask, "Are you choking?"
- If the person can speak or cough, LEAVE THEM ALONE
- If the person cannot speak or cough, perform cycles of five back blows followed by five abdominal thrusts until the object is cleared
 - Abdominal thrusts
 - Stand behind person, wrap your arms around his or her waist. Make a fist with one hand, placing your thumb just above the person's navel. Pull forcefully in and up repeatedly until the object is dislodged or help arrives.
 - If the person is unconscious
 - Place person on back. Perform five abdominal thrusts. Push in and up just above the navel, until object is dislodged. Use a finger to sweep the mouth for the object that is causing the choking.

Safety Procedures – Cont.

- Fainting
 - Lay the victim flat with feet slightly raised.
 - Loosen clothing and check regularly for breathing.
 - If the person isn't conscious within a few minutes, get help
- Heart Attack
 - Some of the symptoms include shortness of breath or difficulty breathing, anxiety, severe pain in chest or down left arm, ashen skin, perspiration, and vomiting.
 - Place him or her in a comfortable reclining or sitting position
 - Loosen tight clothing at waist and neck
 - Ask if the person has medication for the problem that you can give
 - Keep the person still until help arrives
 - If the heart stops and you have been trained in CPR, use it. Otherwise, wait for help

Safety Procedures – Cont.

- Heatstroke – most serious form of heat stress
 - Call doctor immediately if you suspect someone is having heatstroke
 - Cool person down until help arrives – soak clothing with water, fan the body
 - Symptoms include:
 - Dry, hot, reddish skin
 - Strong and rapid pulse
 - Chills
 - Confusion

Safety Procedures – Cont.

- Stroke
 - Call doctor immediately if you suspect someone is having a stroke
 - Cover a stroke victim with a light blanket. If the person is vomiting, turn the head to the side
 - Don't give the victim any stimulants or anything to eat or drink while you wait for the medical professionals
 - Symptoms include:
 - Heavy breathing
 - Inability to speak
 - Weakness in the face of the limbs on side of the body

Safety Procedures – Cont.

- Epileptic Seizure
 - Call for medical help immediately
 - Remove person from dangerous objects
 - Check for breathing – do not put anything in their mouth
 - Keep person comfortable

Safety Procedures – Cont.

- Injury and Illness Reporting
 - Complete a First Report of Injury/Illness Report
 - Should a workplace accident or illness occur due to exposure of certain elements (no matter how small), it is the responsibility of the employee to complete a first report of injury/illness report
 - Submit report to supervisor
 - Human Resources and Workers Compensation
 - The supervisor will submit report to HR for follow-up or workers compensation submittal

Key Points to Remember



Fast and proper response in an emergency



The proper safety procedures for both illness and injury



The steps to take when reporting an accident or illness

TAKE THE QUIZ!

- <https://forms.office.com/Pages/ResponsePage.aspx?id=RZJ-M6ZIREqmNwwW9nbIKxyzzaSUgJJFgf5zZdrqY-IUNjRTV1BUTzMzUldKWTg5UkJJRFRBREhDTi4u>