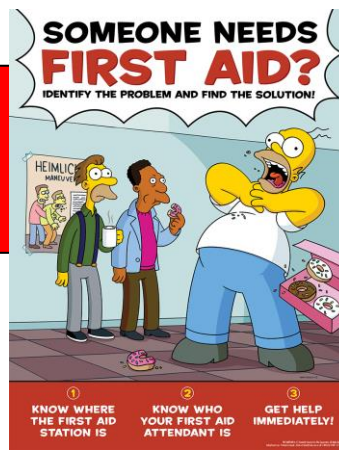


**TOOLBOX TALK
NO.35
First Aid**



This talk will cover: before first aid, when first aid is required and basic first aid.

Before first aid is required

- Ensure you know where the first-aid kit is kept.
- Know who the first-aiders are.
- You must have a small travelling first-aid kit if you are working in a small group away from the main site or if
- you use potentially dangerous tools or machinery.
- Know where the phone is and understand the procedure for calling the emergency services.

When first aid is required

- Remove the hazard from the casualty if safe to do so.
- Call for help, e.g. first-aider.
- Send someone to phone for an ambulance if necessary.
- Don't move the casualty, unless in immediate danger.
- Remain with the casualty and give reassurance.
- Make the casualty as comfortable as possible.
- Don't give drinks or food to the casualty, if required you may moisten their lips.
- Don't allow the casualty to smoke.

Basic first aid may save a life

- Do you know how to resuscitate and start the heart?
- Do you know how to stop major bleeding?
- Do you know how to treat scolds, burns and shock?
- If you don't, you need to think about first-aid training.

Other considerations

- First-aid cover must include shift work, to ensure there is a first aider in each group/shift.
- Someone must have responsibility for restocking first-aid boxes.
- The first-aid equipment provided must be appropriate for the nature of the work and the number of operatives.
- First-aiders should be easy to identify – usually a sticker on the safety helmet.

Do Not:

- ✗ Do not touch blood or other bodily fluids without protective gloves.
- ✗ Do not provide anything to drink to a person in shock.
- ✗ Do not move the victim unless absolutely necessary until you are sure what the injury is and first aid has been rendered.
- ✗ Do not move a person with broken bones. The wrong move can cause serious injury - even death.
- ✗ Do not use ice, lotion or ointment on a burn.
- ✗ Do not hesitate to call 999.
- ✗ Never give anything by mouth to an unconscious person.

Do:

- ✓ Do try to stop the flow of bleeding until medical help arrives. For deep cuts, elevate the wound while you apply pressure. For more serious wounds, push on the pressure points on the inside of the upper arm and the crease of the groin. First aid providers must be trained
- ✓ Do be aware that a seriously injured person will frequently go into shock. This can be fatal. While you are waiting for help, lay the person down, cover and raise the feet above heart level.
- ✓ Do place an amputated limb or body part in a bag with ice and send it to the hospital with the victim.
- ✓ Do flush eyes splashed by chemicals for at least 15 minutes. Then close the eyes, cover them and get medical help. If something is embedded in the eye, keep the person calm until help arrives. Note: Please see the Safety Data Sheet.
- ✓ Do cool burns with cool (not cold) running water.
- ✓ Compress (wet towel or handkerchief). Elevate burned limbs.
- ✓ For electric burn, cover in a lint free sterile dressing and seek medical assistance.

Review Questions:

1) Immediately move the victim away from the area, regardless if the person's injuries cannot be identified.

A) True

B) False: Victims shall not be moved unless absolutely necessary until you are sure what the injury is and first aid has been rendered.

2) If a person were to go into shock, what should you do?

A) Hold them down.

B) Lay the person down, cover and raise the feet above heart level.

C) Stay with them and keep them calm.

D) Nothing.

3) To stop the flow of bleeding until medical help arrives, you should elevate the wound while you apply pressure.

A) True

B) False