

Location: _____ Instructor: _____ Date/Time: _____

TOPIC C084: FIRST AID BASICS

Introduction: First aid is just that, first aid, and isn't meant to be the final treatment. Use the first aid basics below to prevent injuries from getting worse.

Assess the Situation:

- Put on any personal protective equipment (PPE) that may be needed for the situation, such as latex gloves for protection from bloodborne pathogens
- Determine the cause of the injury and eliminate any hazards that may affect you as the first aid provider
- If the victim is not in any danger, don't move them
- When you're alone, treat life threatening situations such as severe bleeding, cardiac arrest, or if the victim has stopped breathing first, and then call or go for help

Cuts/Bleeding: Apply pressure and elevate the injured part to restrict the flow of blood and control blood loss

- Next, apply a clean dressing to the wound with firm steady pressure, and hold the dressing in place for up to 20 minutes
- If there's an object in the wound, apply pressure alongside. Raise the injured part and support it while maintaining pressure to the wound. Don't remove the object as this can increase bleeding
- Then, if bleeding continues, use pressure points on arteries and send for medical assistance. Once bleeding stops apply a clean dressing. Have the victim get medical treatment as soon as possible

Shock: A person can go into shock from loss of blood or trauma:

- If the victim is conscious, lay them down with legs elevated. If the victim is cold, cover them with a blanket or spare clothing
- Reassure the victim to keep them calm. Get medical attention as soon as possible

Burns and Scalds: Burns are classified in degrees by the depth to which the tissue is damaged. First-degree burns are superficial, involving only the first layer of skin. They will cause redness, pain and swelling but usually heal well with little treatment. Second-degree burns form blisters and involve the first two layers of skin. Third degree burns involve all the layers of skin. These burns always require medical treatment. Any burn victim will benefit from the following first aid treatment:

- Cool the burned area with clean running water for 10-20 minutes
- Carefully remove any restrictive clothing or jewelry from the injured area. Don't remove anything that is stuck to the wound
- Don't use any lotions or ointments; use burn gels if available. Don't break blisters or interfere with damaged tissue
- Cover the wound with a sterile dressing, but don't apply pressure

Bone Fractures: The first priority in the case of broken bones is to immobilize the injured part.

- If the victim must be moved to receive medical help, gently support the injured part by hand, place the victim in as comfortable a position as possible with injured part supported with rolled up blankets or clothing
- Treat the victim for shock, but don't move the injured part. Make the victim as comfortable as possible, and wait for medical help

Note: All injuries on the job must be reported to your supervisor immediately, and medical attention should be obtained for anything beyond minor injuries as soon as possible.

Employee Attendance:(Names or signatures of personnel who are attending this meeting)
