



Company Name: _____ Job Site Location: _____

Date: _____ Start Time: _____ Finish Time: _____ Foreman/Supervisor: _____

Topic 23: What to Do When an Injury Occurs

Introduction: At some point in time, everyone experiences an accident injury situation where the injured person needs immediate help. Knowing what to do for an injured person until help arrives can save a life, especially in cases of severe bleeding, no respiration, poisoning, and shock. It is important for an injured person to get medical assistance as soon as possible. The outcome of occupational injuries depends not only on the severity of the injury, but also on the rendering of first aid care. Prompt, properly administered first aid can mean the difference between life and death, temporary versus permanent disability, and rapid versus prolonged recovery.



OSHA regulations state that *“The employer shall ensure the ready availability of emergency medical services for the treatment of all injured employees. Where emergency medical services are not in proximity to the place of employment, a qualified first aid person (means a person with evidence to show valid [current] first aid training by the American Red Cross or equivalent) shall be available.”* Adequate first aid supplies appropriate to the particular workplace shall be provided and readily available. Phone numbers for EMS must be prominently posted at the jobsite.

Following are guidelines for basic first aid situations that could be encountered on any work site; however, these guidelines are general in nature and remember, one should never exceed their level of first aid training.



- **Animal bites** — Thoroughly wash the wound with soap under running water and apply antibiotic ointment and dressing. When possible, the animal should be caught (carefully) alive for rabies testing. Seek medical attention.
- **Moderate Bleeding** — Elevate the wound above the heart if possible. Apply direct pressure to the wound with a sterile compress until bleeding stops.
- **Burn** — If mild, with skin unbroken and no blisters, flush with cool water until pain subsides. Apply a loose, dry, sterile dressing if necessary. If severe, send for help. Do not break blisters or try to clean the burn.
- **Chemical in the eye** — With victim’s head tilted back, pour cupfuls of water immediately into the inside corner of the eye, letting it run to the other side to thoroughly remove chemicals. Continue to flush until medical help arrives or cover with sterile dressing and transport to the hospital.
- **Choking** — The American Red Cross advises that the leading first aid method for choking victims is the abdominal thrust.
- **Cuts (minor)** — After washing with soap under warm running water, apply antiseptic and cover with sterile bandage.
- **Foreign body in the eye** — Touch object with moistened corner of sterile handkerchief if the object can be seen. If it cannot be seen or does not come out after a few attempts, get medical attention. Do not rub the eye.
- **Hyperthermia, Heat Exhaustion, and Heat Stroke** — Remove the patient from the heat. Loosen any tight clothing and apply cool, wet cloths to the skin. Give the victim cool water, to drink slowly. If the victim refuses water, vomits, or experiences changes in consciousness, the victim is likely experiencing Heat Stroke and requires medical attention.
- **Hypothermia** — Move the victim to a warm place. Remove wet clothing and dry the victim, if necessary. Warm the victim gradually by wrapping the person in warm blankets or clothing. Apply heat pads or other heat sources if available, but do not place directly to the body. Give the victim warm, sweet liquids. Call an ambulance if breathing is slowed or stopped or if the pulse is slow or irregular.
- **Frostbite** — Handle frostbitten areas gently; **DO NOT RUB!** Soak affected area in water no warmer than 105°F. Seek medical attention.
- **Amputation** — If a limb or appendage is severed, it is important to properly protect the limb or appendage so that it can possibly be reattached. After the victim is cared for, the limb should be wrapped in sterile gauze or clean material and placed in a clean plastic bag or other suitable container. Pack ice around the limb on the **OUTSIDE** of the bag to keep the limb cold. Call ahead to alert emergency room staff of the situation.
- **Poisoning** — Call an ambulance and the Poison Control Center and follow their directions exactly (do not induce vomiting unless so instructed).
- **Shock (injury-related)** — Keep the victim lying down on his/her back; if uncertain as to injuries, keep the patient flat on their back. Maintain normal body temperature; if the weather is cold, place blankets or extra clothing over and under the victim; if weather is hot, provide shade.
- **Poisonous Snakebite** — Use a snakebite kit if available. Keep victim calm and attempt to safely identify the snake. Seek medical attention
- **Sprains and fractures** — Apply ice to sprains to reduce swelling and pain. Do not try to straighten or move broken limbs. If properly trained, apply a splint to immobilize the injured area if the victim must be transported.



Conclusion: OSHA requires that in the absence of a medical facility near the workplace, a person or persons shall be adequately trained to render first aid. If the job is at a remote location, alternative means of reliable communication must be provided. Always be aware of the location of first aid supplies, who the company’s designated “first responder” is, and the location of emergency numbers.



Work Site Review

Work-Site Hazards and Safety Suggestions: _____

Personnel Safety Violations: _____

Employee Signatures:

(My signature attests and verifies my understanding of and agreement to comply with, all company safety policies and regulations, and that I have not suffered, experienced, or sustained any recent job-related injury or illness.)

Foreman/Supervisor’s Signature: _____

The first aid information provided is intended to be general in nature and is based upon the “best available” guidelines. No results either general or specific are represented or guaranteed. These guidelines do not supercede local, state, or federal regulations and must not be construed as a substitute for, or legal interpretation of, any OSHA regulations.