

Worksite: \_\_\_\_\_ Instructor: \_\_\_\_\_ Date/Time: \_\_\_\_\_

### Topic C084: First Aid Basics

**Introduction:** Basic first aid is used for treatment of non-life threatening situations to prevent injuries from being made worse. First aid is only that, **FIRST** aid, and is not intended as final treatment. The following are recommended procedures for basic first aid:

**Assess the Situation:**

- Put on any personal protective equipment which may be necessary 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, do not move them.
- Treat life threatening situations first, severe bleeding, cardiac arrest, or if the victim has stopped breathing.

**Cuts and Bleeding:** Pressure and elevation are used to restrict the flow of blood to the injured part to control blood loss.

- Apply a clean dressing to the wound with firm steady pressure, and hold the dressing in place for up to 20 minutes.
- If there is an object in the wound, apply pressure alongside. Raise the injured part and support it while maintaining pressure to the wound. Do not remove the object as this may increase bleeding.
- If bleeding continues, use pressure points on arteries and send for medical assistance. Once bleeding stops, apply a clean dressing and seek medical treatment as soon as possible.

**Call for help:**

- If you are alone, treat any life-threatening injuries first, then go for help.
- If you are not alone, send someone for help immediately.

**Shock:** A person may 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. Seek medical attention as soon as possible.

**Burns and Scalds:** Burns are classified in degrees by the area of tissue burned and the depth to which the tissue is damaged. **First degree burns** are superficial, involving only the first layer of skin. They may 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. Do not remove anything which is stuck to the wound.
- Do not use any lotions or ointments; use burn jells if available. Do not break blisters or interfere with damaged tissue.
- Cover the wound with a sterile dressing, but do not apply pressure.

**Fractured Bones:** The first priority in the case of broken bones is to prevent movement of 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 do not move the injured part. Make the victim as comfortable as possible and wait for medical help.

**Conclusion:** All injuries on the job should be reported to your supervisor immediately, and medical attention should be sought for all but the most minor injuries as soon as possible.

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

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*These guidelines do not supersede local, state, or federal regulations and must not be construed as a substitute for, or legal interpretation of, any OSHA regulations.*