



GOALS

This safety session teaches employees to:

- Identify proper first-aid procedures for major medical emergencies.
- Act swiftly and correctly to help injured or ill coworkers.

Applicable Regulations: 29 CFR 1910 .151—Medical and first aid



1. When a person isn't breathing, you must act fast.

- Irreversible brain damage occurs within 3 minutes when a person stops breathing.
- Call 911, and administer cardiopulmonary resuscitation (CPR) if trained.
- If you are not trained in CPR, perform compression-only CPR immediately.
 - Give 30 chest compressions by placing both hands in the center of the victim's chest with one hand on top of the other and pressing down with the heel of your hand 1½ to 2 inches.
 - Press quickly at a rate of about 100 compressions per minute.
 - Continue compressions until emergency responders arrive.

2. Swift and proper action when a person is choking can save a life.

- Ask a person who appears to be choking, "Are you choking?"
 - If the person can cough or talk, leave him or her alone!
- If the person can't cough or talk, begin cycles of five back blows followed by five abdominal thrusts until the object is cleared.
- To perform abdominal thrusts, stand behind the victim, wrap your arms around the waist, and:
 - Make a fist with one hand, and place your fist, thumb-side in, against the victim's stomach, above the navel but below the ribs, and then pull in and up sharply.

3. Severe bleeding must be stopped quickly and effectively.

- Wear protective gloves, if possible, and always cover any open wound you might have.
- Put a clean cloth or your gloved hands directly over the wound and press.
- If a finger or other body part has been amputated, place it in a plastic bag with ice, wrapping the part so that it doesn't touch the ice, and rush it to the hospital with the victim.

4. Recognize the signs of heart attack, and know what to do.

- Signs of a heart attack include anxiety, ashen color to skin, and:
 - Shortness of breath or difficulty breathing;
 - Crushing pain in the chest, under the breastbone, radiating down the left arm, or in the jaw; *and/or*
 - Perspiration, nausea, or vomiting.
- The best way to help a heart attack victim is to:
 - Call 911, and place the victim in a reclining or comfortable sitting position.
 - Loosen tight clothing at the waist or neck, and keep the victim from moving around.
 - Ask if the victim has any medication, but don't give any stimulants.



- If breathing stops, begin CPR if you are trained or compression-only CPR until help arrives.
- If the heart stops and an automated external defibrillator (AED) is available and there is someone trained to use it, begin using the AED until emergency help arrives.

5. Other emergencies can also be treated with first aid.

- If you suspect broken bones, don't move the person unless absolutely necessary, apply ice to the area, and gently elevate the limb.
- For eye injuries, get medical treatment immediately.
 - For chemical splashes, flush with water for at least 15 minutes, and then cover both eyes.
 - If something gets stuck in the eye, don't try to remove it; wait for emergency help.
- If a person is in contact with a live electrical current, don't touch the person.
 - Turn off the electricity by pulling the main switch or fuse if one is available.
 - To remove a person from a live wire, stand on an insulator (like a rubber mat), wear rubber gloves, and use a dry stick or board to push the person away from the wire.
 - Once the person has been removed from the electrical source, check for breathing, and administer CPR if trained, or use an AED if necessary.
- To treat burns, cut away loose clothing, but don't remove clothing that is stuck to a burn, and:
 - Treat first- and second-degree burns with cool (not cold) running water to relieve pain.
 - Avoid rubbing the area, and do not break blisters.
 - Flush chemical burns with water for 15 minutes.
 - Cover the burned skin with a moist, sterile dressing from the first-aid kit.
 - Immobilize and then elevate severely burned limbs.
- If a person inhales a hazardous chemical, move the person to fresh air.
 - Administer CPR if necessary and trained, and get medical assistance.
- If a person swallows a poisonous substance, get medical assistance, call the local poison control center, and follow instructions in the safety data sheet (SDS) for the substance.



DISCUSSION POINTS:

Have an employee trained in first aid demonstrate the first-aid procedures described above.



CONCLUSION:

- When a serious injury occurs, seconds count!
- Know how to respond effectively to help an injured coworker. Your swift and correct action could save a life.



TEST YOUR KNOWLEDGE:

Have your employees take the Know Your First Aid quiz. By testing their knowledge, you can judge their ability to respond effectively in a medical emergency and whether they need to review this important topic again soon.



First Aid for Major Emergencies

When a person isn't breathing:

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- If you are not trained in CPR, perform compression-only CPR immediately.
 - Give 30 chest compressions by placing both hands in the center of the victim's chest with one hand on top of the other and pressing down with the heel of your hand 1½ to 2 inches.
 - Press quickly at a rate of about 100 compressions per minute.
 - Continue compressions until emergency responders arrive.

For choking:

- Ask, "Are you choking?" and if the person CAN'T talk or cough, begin cycles of five back blows followed by five abdominal thrusts until the object is cleared.
- To perform abdominal thrusts:
 - Stand behind the victim, and wrap your arms around the waist.
 - Make a fist with one hand, and place your fist, thumb-side in, against the victim's stomach, above the navel but below the ribs.
 - Pull in and up sharply.

For severe bleeding:

- Wear protective gloves, if possible, and always cover any open wound you might have.
- Put a clean cloth or your gloved hands directly over the wound and press.
- If a body part has been amputated, place it in a plastic bag with ice, wrapping the part so that it doesn't touch the ice, and rush it to the hospital with the victim.

For heart attack:

- Call 911, and place the victim in a reclining or comfortable sitting position.
- Loosen tight clothing at the waist or neck, and keep the victim from moving around.
- Ask if the victim has any medication, but don't give any stimulants.
- If breathing stops, begin CPR if trained or compression-only CPR until help arrives.
- If the heart stops and an automated external defibrillator (AED) is available and there is someone trained to use it, begin using the AED until emergency help arrives.