

During the course of the day, a co-worker, friend or even a family member may become injured. Injuries can vary in degrees, while some may be minor, others could be very catastrophic.

Some things to consider if or when an accident happens, the following points should be covered on how to care for the injured.

Take a careful review of your Emergency Response Plan and follow the guidelines listed below:

1st - Stop – make sure it is safe for you to assist.

Beware of traffic, blood borne pathogens, and unforeseen hazards such as electrical and fall hazards. Protect yourself accordingly.

2nd - Determine the seriousness of the injury.**If serious:**

- Contact Emergency Response Team(s) or 911.
- Do not move the injured person.
- Get First Aid trained personnel to assist.
- Keep the injured person from standing.
- In case of bleeding—apply pressure to the wound.
- If the injured person has stopped breathing, get someone who has been trained in CPR to help restore the breathing.
- Try to keep the injured person warm.

If Non-Serious:

- Contact the supervisor immediately.
- Do not try to get the injured person to move if a fall is involved.
- Get any First Aid treatment that may be needed.
- Be sure you know the location(s) of the nearest First Aid kit on the job.

Other Items to consider:

- Report all injuries—even minor ones may become major ones.
- Seek first aid for even minor injuries.
- Be sure the emergency telephone numbers and the location of the nearest cross street are posted in a conspicuous place on the job. Know this information and review it often.

Some things you should discuss:

- What is the Company Emergency Medical Plan or Crisis Management Plan? This should include location of nearest telephone, 911 or other system, and nearest cross-street.
- Who is First Aid/CPR trained on the job?
- Where is the First Aid kit are kept?
- Who is the Supervisory person to contact on all accidents/injuries?

Remember: Be sure to review the locations of First Aid kit(s) and emergency numbers on the jobsite. Train and prepare for an emergency or medical event, so when that event does occur, you can respond with confidence.

Let's be safe out there!!