



Why is First Aid Important?

The main priorities of first aid are simple:

- Save a life
- Prevent a casualty's condition from getting worse
- Get medical help as soon as possible

Even knowing a little bit of first aid can make a huge difference—and possibly save someone's life. Remember: **If you are not comfortable providing first aid, you are not required to do so.**

What Should Happen Before First Aid is Needed?

- Every worksite must have someone with a valid first aid certificate present whenever a crew is working.
- All crew leaders, supervisors, or anyone in direct charge of workers must have a valid first aid certificate.
- First aid kits must be available, easy to access, and properly stocked for the types of injuries that can happen on our jobs.
- Know where the first aid kit is kept.
- Know who the first aid responders and appointed persons are on your site.

- If you're working with hazardous chemicals, know what the Safety Data Sheet (SDS) says about first aid for that material.
- Know how to call emergency services (911) and know the exact address of the jobsite.

What To Do When First Aid is Needed

- Remove the injured worker from danger—if it is safe to do so.
- Call 911 for help. Don't assume someone else has already called.
- If needed, send someone to make the call and give clear information.
- Don't move the worker unless they are in immediate danger.
- Stay with the worker and reassure them.
- Make them as comfortable as possible.
- Do not allow the worker to smoke.
- Follow first aid procedures within your training and comfort level.

Other Important Reminders

If you use anything from the first aid kit, let someone know or replace it right away. We always need to be prepared for the next emergency.