

Risk Control Bulletin

First Aid

RISK CONTROL



It's an excellent idea for construction workers and for everyone to know first aid fundamentals: how to stop bleeding, start breathing, start a stopped heart beating again, and give any other vitally needed care until professional help arrives.

Whether or not you've had any first aid training, you should know this principle that is too often forgotten in many emergencies: Don't move anyone who appears to be seriously injured. Well-meaning people often have the impulse to hoist an accident victim to a sitting position, or pointlessly move them from here to there...or from there to here.

The victim of a bad fall, or of some other accident on your project, might have internal injuries or a fractured spine; if so, trying to move him needlessly might aggravate the injury – might permanently cripple, or even kill them!

Wait until experts arrive who will transport the victim to a hospital with a minimum of danger. If the person must be moved to save them from additional danger, try to work a blanket or coat under them, and then pull them gently along the ground to a safe location. If they must be lifted, support each part of the body so that the entire frame is kept in a straight line.

Good first aid is not only knowing what to do – how to stop excessive bleeding, or restore breathing; it's also knowing what not to do – not to move a seriously injured person unless absolutely necessary.

It is equally important that you protect yourself when giving first aid. Your good deed could cause you needless pain and suffering.

Avoid all contact with the victim's body fluid. This includes not only blood, but also saliva and other body fluids. If you think you might come into contact, obtain the necessary protection before beginning first aid. This could include disposable gloves, a disposable mouth to mouth resusci-

tator, safety glasses, or even a fluid-resistant mask. Check today to make certain your first aid kit has the appropriate equipment, and to familiarize yourself with its location. If you do come into contact with an injured person's body fluids, let your supervisor know, and seek medical attention as soon as practical.

So if someone is ever seriously hurt on the job, see that professional help is called right away – then see that what needs to be done is done...and that what need not be done isn't done.





Date	Company Name	
Project Number/Name	Meeting Location	Person Conducting Meeting

Items Discussed

Problem Areas or Concerns

Attendees

Comments

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