

## Care For The Injured

The following points should be covered on how to care for the injured after a careful review of your Emergency Response Plan.

### Guide for Discussion

Determine the seriousness of the injury:

*If Serious:*

- Contact Emergency Response Team(s).
- Do not move the injured person.
- Get First Aid trained personnel assistance; ask them to help.
- Keep the injured person from standing.
- In case of bleeding—apply pressure to the wound. Do not use a tourniquet except in cases of excessive bleeding.
- 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 be Aware of:

- 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 them.

### Additional Discussion Notes:

- Company Emergency Medical Plan including location of nearest telephone, 911 or other system, and nearest cross-street.
- Who is First Aid/CPR trained on the job? *INSERT NAME*
- The First Aid kit is kept where? *INSERT LOCATION*
- The Supervisory person to contact on all accidents/injuries is? *INSERT NAME*

**Remember:** Be sure to review the locations of First Aid kit(s) and emergency numbers on the jobsite.

**Attendees:**

NOTE: Always promote a discussion on any of the topics covered in the Tool Box Talks. Should any question arise that you cannot answer, don't hesitate to contact your Employer.