

# SafetyTalk

## Topic: First Aid and Treating Injuries

All injuries should be treated immediately, even minor injuries such as a cut or abrasion as these can become infected and threaten the health of an individual. Always contact 911 for major injuries or life-threatening conditions. And remember, always protect yourself by wearing appropriate personal protective equipment (PPE) before helping others.

### General Safety Tips

- Minor injuries
  - Small punctures/lacerations generally require basic first aid treatment.
  - Review your procedures for reporting and treating minor injuries.
  - Discuss where first aid kits and supplies are located.
  - Even minor injuries should be investigated to identify prevention measures.
- Major/life-threatening injuries or conditions
  - Remain calm and immediately contact 911 and on-staff first responders.
  - Follow the directives of 911 first responders.
  - Do not move a person with possible spinal injuries unless absolutely necessary.
  - If trained, perform rescue breathing or CPR if breathing ceases.
  - Stay with the injured person until emergency responders arrive.

### Topics to Discuss

- Emergency procedures
- First aid kit contents and where they are located
- Personal protective equipment
- Communication systems
- Reporting incidents to supervisors and management
- Guidelines for notifying OSHA

### Resources

For more information about this topic, visit:

- United Heartland Resource Library: [UnitedHeartland.com/resource-library](https://www.unitedheartland.com/resource-library)
- Occupational Safety and Health Administration – Medical and First Aid: [OSHA.gov](https://www.osha.gov)

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**Topic:** First Aid and Treating Injuries

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**Date:**

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**Location:**

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**Meeting Organizer:**

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Organization Name

Items Discussed:

Problem Areas or Concerns:

Attendees (Names/Signatures):	

Comments: