



# Basic First Aid

**Below are bits of information for basic first aid for refreshing employees on “What to do if...”**

The first and foremost thing to remember is wear Personal Protective Equipment to protect yourself from Bloodborne Diseases. Such equipment includes but is not limited to medical gloves, splash shields, etc. Second, always apply the emergency action steps. Circle Safety likes to use the American Safety and Health Institute “Three **A**’s”:

- A**ssess– the scene for safety and the victim for consciousness
- A**lert – 911 for the Emergency Medical Services (EMS)
- A**ttend - to the injury

## **Fall Injuries**

Apply the three A’s. Do not move the victim if you suspect head, neck or back injury. If the person is conscious, ask them to answer all of your questions “verbally” not by nodding. You want to prevent as much movement as possible. You will also want to treat this individual for shock by covering them with a blanket. Do not elevate their feet, unless you are positive of no head, neck or back injury. Wait for EMS.

## **Injuries to Muscles, Bones and Joints**

Apply the three A’s. Check for feeling, warmth and color below the injured area. Isolate and immobilize the area by using slings, rolled up blankets, magazines, etc. Again, if you suspect head, neck or back injury, do not move. Treat for shock and wait for EMS.

## **Bleeding Injuries**

Apply the three A’s. Try to control the bleeding by using gauze pads to apply direct pressure on the injured area. Elevate the area above the heart if you do not suspect that the victim has broken a bone. Wrap the injured area tight with roller gauze, but not tight enough to reduce circulation. Tie a knot directly over the wound. If the injury site continues to bleed, apply additional dressings/bandages. Use the pressure point to squeeze the artery against the bone. Treat for shock and wait for EMS.

### **If you must move the victim because remaining in the area would be life threatening...**

The victim may need to be moved if any of the following dangerous situations apply:

- \* A fire or the potential for fire exists
- \* Hazardous materials or explosives are present
- \* The accident scene cannot be protected
- \* Access to other victims needing care cannot be attained

### **If you must position the victim...**

If you must position the victim face-up (and only if not breathing), roll victim as a single unit, protecting the head and neck from any twisting motion. If possible, have another bystander assist you when rolling the victim.