

First Aid

Prepare: Quiet location? No distractions? Talk aids ready?

Reason: The priorities of first aid are to save life, prevent the casualty's condition from getting worse and to evacuate to medical help as soon as possible.

Why: If you know basic first aid you could save a life. **Outline:** This talk will cover before first aid, when first aid is required and basic first aid.



Before First Aid Is Required

- Ensure you know where the first aid kit is kept.
- Know who the first aider and appointed persons are.
- You must have a small travelling first aid kit if you are working in a small group away from the main site or if you use potentially dangerous tools or machinery.
- Know where the phone is and understand the procedure for calling the emergency services.

Q: When would you need a first aid kit of your own?

If First Aid Is Required

- Remove the hazard from the casualty if safe to do so.
- Call for help, e.g. first aider.
- Send someone to phone for an ambulance if necessary.
- Do not move the casualty unless in immediate danger

Q: On finding a casualty what is the first thing to do?

- Remain with the casualty and give reassurance.
- Make the casualty as comfortable as possible.
- Do not give drinks or food to casualty, moisten lips only.
- Do not allow the casualty to smoke.

Q: What would you do until a first aider arrived?

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Before First Aid Is Required

- Do you know how to resuscitate and start the heart?
- Do you know how to stop major bleeding?
- Do you know how to treat scolds, burns and for shock?
- If you do not, you need to think about first aid training

Other Considerations

First aid cover must include shift work.

- Someone must have responsibility for re-stocking first aid boxes.
- The first aid equipment provided must be appropriate for the nature of the work and the number of operatives.
- First aiders should be easy to identify – usually a sticker on the safety helmet.
- Note to supervisor: Now inform your workforce of the company provision for first aiders and first aid kits, actions to be taken in event of any emergency and the location of the emergency telephone

Do you have any questions for me?

Questions for you

Q: What should you know before an emergency arises? Q: What are the priorities of first aid?

REMEMBER:

IF YOU KNOW FIRST AID YOU COULD SAVE A LIFE

Sources

<https://www.hse.gov.uk/statistics/pdf/fatalinjuries.pdf>
<https://www.hse.gov.uk/statistics/industry/construction.pdf>

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