Northern Arizona University / Facility Services
530 E Pine Knoll Dr Bldg 77
Flagstaff AZ 86001

#266169

CONSTRUCTION

Safety Services Company

Worksite: _____ Instructor: _____ Date/Time: _____

Topic C105: First Aid Principles

Introduction: Emergency medical situations can happen anytime, anywhere, and to anyone. Workers' with first aid training are able to react calmly and skillfully in an emergency situation. Following are the basic elements of immediate Emergency First Aid:

Look the situation over and make a careful assessment:

- Determine the cause of the injury, accident, or illness.
- Do not become a casualty yourself

Call for help:

- If you are not alone designate someone to call for help immediately
- If you are alone you will need to determine the seriousness of the injury and may need to provide immediate first aid then leave the victim to call for help

Do not move the victim if:

- Chance of spine, back, or neck injury is apparent
- Possibility exists of aggravating the injuries

Special Note: Victims of spine, back, and neck injuries should only be moved if the victim is in greater danger by *not* being moved

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If needed, clear the airway:

- Lack of oxygen can cause brain damage and may kill a person within a few minutes
- If a person cannot speak, cough, or breathe, the airway may be obstructed

Control heavy bleeding:

- Use clean dressing to control excess blood loss by applying constant direct pressure
- If possible, elevate the injury above the heart or nearest pressure point
- Avoid use of a tourniquet unless the person is in danger of bleeding to death and you have been trained to apply one

Treat for shock:

- Signs include: Cold pale skin; nausea; a rapid, faint pulse; rapid breathing or panting; and weakness.
- Keep the victim lying down and covered up only enough to maintain body heat.
- Do not move the victim unless absolutely necessary and get him immediate medical attention
- Do not become a casualty yourself

Special Note: A quick, calm response to any emergency situation is imperative. Good first aid skills are needed to prevent further injury and to keep any injury from getting worse and possibly even saving a co-worker's life. However, when providing first aid care, one should never exceed the level of training.

Review these principles:

- Know your limitations – Give only the first aid you are qualified to perform.
- In a medical emergency, always get qualified medical attention to the victim promptly.
- In any emergency, give urgent care first.
- Don't ever give anyone CPR unless you are trained to do so.
- Always bring help to the victim; do not move an injured person unless absolutely necessary.
- Always know the location of your first aid kits.

Conclusion: Knowing how to properly respond to serious injury accidents requires skills developed through study and training. The effort you expend to learn first aid skills is worthwhile because someday they may help you to save a life.

Employee Attendance: *(Names or signatures of personnel who are attending this meeting)*

_____ _____ _____
_____ _____ _____
_____ _____ _____
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