

# First Aid

## GENERAL DISCUSSION

It's an excellent idea for construction workers and for everyone to know first aid fundamentals: how to stop bleeding, start breathing, start a stopped heart beating again, and give any other vitally needed care until professional help arrives.

Whether or not you've had any first aid training, you should know this principle that is too often forgotten in many emergencies:

Don't move anyone who appears to be seriously injured. Well-meaning people often have the impulse to hoist an accident victim to a sitting position, or pointlessly move them from here to there...or from there to here.

The victim of a bad fall, or of some other accident on your project, might have internal injuries or a fractured spine; if so, trying to move him needlessly might aggravate the injury, might permanently cripple, or even kill them!

Wait until experts arrive who will transport the victim to a hospital with a minimum of danger. If the person must be moved to save them from additional danger, try to work a blanket or coat under them, then pull them gently along the ground to a safe location. If they must be lifted, support each part of his body so that his entire frame is kept in a straight line.

Good first aid is not only knowing what to do, how to stop excessive bleeding, or restore breathing; it's also knowing what not to do; not to move a seriously injured person unless absolutely necessary.

So if someone is ever seriously hurt on the job, see that professional help is called right away, then see that what needs to be done is done... and that what needs not be done isn't done.

## GENERAL SAFETY REVIEW

This is a time to review all safety concerns, not just today's topic. Keep your notes on this page before, during and after the safety meeting.

Are you aware of any safety hazards from any other crews? Point out any hazards other crews are creating that this crew should know about. Tell the crew what you intend to do about those hazards.

Do we have any other safety business? Discuss any past issues or problems. Report any progress of investigations and action taken.

Have there been any accidents, near misses or complaints? Discuss any accidents, near misses, and complaints that have happened since the last safety meeting. Also recognize the safety contributions made by members of the crew.

Please remember, we want to hear from you about any health and safety issues that come up. If we don't know about problems, we can't take action to fix them.

## **ENDING THE MEETING**

Circulate Sign-Off Form.

Assign one or more crew member(s) to help with next safety meeting.

Refer action items for follow-up.

Do you have any Safety Recommendations?

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Do you have any Job Specific Topics you would like us to discuss?

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Have you reviewed the M.S.D.S Sheet for this safety topic?

Yes\_\_\_\_ No\_\_\_\_ N/A\_\_\_\_

### **Comments**

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