

FIRST AID STEPS

The information provided in this safety topic is not intended as a substitute for professional medical advice or formal first aid training.

Every medical emergency is different, and the steps taken to assist in any situation involving an injury or illness may vary. All employees should be familiar with where first aid information and supplies are located in the workplace, including:

- First Aid Kit
- Safety Data Sheets (information on chemical hazards)
- Emergency Action Plan
- Automatic External Defibrillator (AED), if available

The first step in any situation that may require first aid is assessing the scene. Pause and scan the area to form an initial impression of what happened.

- Do not enter the scene if it is not safe. If the situation that caused the injury could hurt another person, call 911 (or emergency services) and wait for emergency personnel.

Before attempting to provide first aid, introduce yourself to the injured or ill person and explain that you are willing to help. Do not touch them until they have granted you permission to assist them.

- If you encounter someone who is confused or cannot provide permission because they are critically injured or ill, you can assume they would want you to help. This is known as “implied consent.”

If you are taking the lead in providing first aid care on the scene, give orders as appropriate for the situation. When providing directions, point to specific people and speak out loud. Be clear, specific and confident with your commands. You can tell bystanders to perform actions like:

- Bring the AED
- Get the first aid kit
- Call 911, or emergency services
- Stand back
- Stabilize the injured person



Using PPE is important to minimize the risk of exposure to bloodborne pathogens. If there is blood or bodily fluids, always wear gloves and protective eyewear when giving first aid care.

- After providing any type of first aid, wash your hands immediately.

Discussion

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Does this worksite have AEDs available, and if yes, where is the nearest one located?

Have you had an experience when someone needed first aid at work, what happened?