



BASIC FIRST AID

What is First Aid?

First aid is the immediate care provided to an injured or ill person before professional medical treatment is available. Prompt first aid can help prevent injuries from becoming more serious.

Priorities in an Emergency

1. Protect Yourself First

- Ensure the scene is safe.
- Do not put yourself in danger.

2. Assess the Situation

- Determine what happened.
- Identify any hazards.

3. Call for Help

- Dial 911 for serious injuries or medical emergencies.
- Notify your supervisor according to company procedures.

4. Provide Basic Care

- Only provide care within your level of training.
- Use available first aid supplies and PPE.

Eye Injuries

- Flush eyes with clean water if exposed to dust or chemicals.
- Do not rub the eye.
- Seek immediate medical attention for serious injuries.

Bloodborne Pathogens Awareness

- Always wear gloves when dealing with blood or bodily fluids.
- Avoid direct contact.
- Wash hands thoroughly after providing aid.
- Properly dispose of contaminated materials.

First Aid Kit Location

Ensure all employees know:

- Where first aid kits are located.
- Who the trained first aid responders are.
- How to contact emergency services.

Common Workplace First Aid Situations

Cuts and Lacerations

- Apply direct pressure with a clean dressing.
- Elevate the injured area if possible.
- Seek medical attention for deep or severe cuts.

Burns

- Cool the burn with cool running water for at least 10–20 minutes.
- Do not apply ice, butter, or ointments.
- Cover with a clean, dry dressing.

Sprains and Strains

Follow the R.I.C.E. method:

- Rest
- Ice
- Compression
- Elevation

Employee Responsibilities

- Report all injuries, no matter how minor.
- Know emergency contact procedures.
- Keep work areas free of hazards.
- Participate in first aid and CPR training when offered.

Discussion Questions

1. Where is the nearest first aid kit located?
2. Who are the designated first aid responders?
3. Who do I report an injury to?
4. When should 911 be called?

Safety Reminder

Stay calm, protect yourself first, call for help, and provide only the level of first aid for which you have been trained. A quick and proper response can reduce the severity of an injury and potentially save a life.

For more safety tips and courses, visit ndsc.org

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