



Session Objectives

First Aid

- ✓ Recognize the benefits of knowledge first-aid and CPR
- ✓ Identify proper procedures for a variety of medical emergencies
- ✓ Assist in administering first aid when a co-worker is injured
- ✓ Do no further harm

Pre-quiz: True or **False**?

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•After an accident, immediately move the victim to a comfortable position.

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•If a person is bleeding, use a tourniquet.

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•Signs of a heart attack include shortness of breath, anxiety, and perspiration.

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•All burns can be treated with first aid alone; no emergency medical attention is necessary.

Help! Emergency!

• **Minutes could make a difference**

- Just imagine:
 - A co-worker is hurt in an accident and blood is gushing from the wound.
 - One of your friends chokes on a piece of food and can't breathe.
 - Someone goes into cardiac arrest right at his workstation.
- Any one of these things is possible, and it could happen any time. If it did, you'd have to act fast. A few critical minutes one way or the other could make the difference between life and death. Would you be ready to act with speed and competence in a workplace medical emergency?
- There are medical emergencies in workplaces across the country every day. Situations calling for first aid range from burns to cuts and amputations, eye injuries, chemical overexposures, and much more.
- Do you know how to report a workplace medical emergency? Besides calling emergency, you also need to notify a supervisor or manager and provide as much information as you can about the accident.

