

Basic First Aid

Week Number 3 (January 15 - 21)

Overview

First Aid is a topic that can't be discussed enough. Even if you have already received some form of First Aid training, this talk is a good reminder of First Aid fundamentals. You never know when a co-worker, family member, friend, or even YOU may need someone to act fast and perform First Aid. You do not have to be a medical expert to help a victim - just knowing a few simple procedures can make a difference in saving a life.

For Discussion

In preparation for a First Aid emergency, what things should be readily available?

- Emergency phone numbers
- First Aid kit
- Breathing barrier
- Blanket

What are the first things you should do when faced with an injury or illness emergency?

Survey the scene and contact medical help **immediately!** As quickly as possible, scan the area to be sure it is safe to enter. If so, go to the victim to determine the injury or illness and immediately contact medical help with this information.

Should you try to move a victim who appears to be seriously injured?

You should never try to move a seriously injured person, unless it is absolutely necessary to save his life. Well-meaning people often have the impulse to hoist an accident victim to a sitting position, or move him to another location. However, moving someone who has internal or spinal injuries could permanently cripple or even kill him. If you must move a victim to save him from additional danger, very carefully work a blanket or coat under him, then gently pull him along the ground to safety. If he must be lifted, support the entire body to prevent unnecessary movement.

What should be done while waiting for medical help?

If you have been properly trained and know what to do, start treating the victim's injuries or illness right away.

If you have not been properly trained in First Aid, or do not know what to do, wait for medical help to arrive. By calling for help right away and not moving a victim unnecessarily, you have made progress toward saving his life.