



Safety Message of the Day for IMEA Members



First Aid Preparedness Safety Message

It is an unfortunate reality that at some point you will be responsible for assisting during an injury or emergency situation in some capacity while on the job. When injuries occur at work it is important to know and understand some basic guidelines about getting help for an injured coworker. This safety talk focuses on some key points when comes to first aid situations.

Before Injuries Occur

There are multiple things every worker should be aware of when it comes to providing first aid even if they are not one of the employees directly responsible for responding to injuries. Some key points every worker should be aware of:

- * Understand what is expected if you come upon an injured worker. (Discuss your company's policies/procedures)
- * Understand what actions you would need to take if you are injured yourself.
- * Know who to call and how you can reach them in every type of emergency situation. (Radio/ phone/ voice, etc.)
- * Ensure you know a secondary person to contact in case the primary contact is not around.
- * Ensure you are able to explain your location when you call for help so assistance is not delayed.
- * Know where emergency equipment is located in your work area.

Summary

The best-case scenario is that you are never part of having to respond to an emergency or give assistance to an injured coworker. For many workers, this unfortunately will not be the case. At some point, it is very likely you will have to play a role in getting assistance for an injured coworker. Understand ahead of time what the plan is for different injuries. Make sure you have a backup plan if the go-to plan will not work. This knowledge can make the difference in saving a coworker's life.

Discussion points:

What information should we be aware of here relating to responding to injuries?

What types of injuries could we experience here? How would you respond?