Topic: First Aid and Treating Injuries

All injuries should be treated immediately, regardless of how minor they may initially appear. Even a cut or abrasion can become infected and threaten the health of an individual. Call 911 for serious or life-threatening situations. Remember, always protect yourself by wearing appropriate personal protective equipment (PPE) before helping others.

# General Safety Tips

* Minor injuries
  + Small punctures/lacerations generally require basic first aid treatment
  + Review your procedures for reporting and treating minor injuries
  + Discuss where first aid kits and supplies are located
  + Even minor injuries should be investigated to identify prevention measures
* Major/life-threatening injuries or conditions
  + Remain calm and immediately contact 911
  + Follow the directives of 911 first responders
  + Do not move a person with possible spinal injuries unless necessary
  + If trained, perform rescue breathing or CPR if breathing ceases
  + Stay with the injured person until emergency responders arrive

# Topics to Discuss

* Emergency procedures
* First aid kit contents and where they are located
* Personal protective equipment
* Communication systems
* Reporting incidents to supervisors and management
* Guidelines for notifying OSHA

# Resources

For more information about this topic, visit:

* [First Aid Checklist](https://www.afgroup.com/wp-content/uploads/2022/12/AFG-First-Aid-Checklist.pdf)
* [OSHA.gov](https://www.osha.gov/medical-first-aid)

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| **Location:** | |  |
| **Meeting Organizer:** | |  |

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