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

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