



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](#)
- [OSHA.gov](#)



Safety in Five

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Date:

Location:

Meeting Organizer:

Organization Name

Items Discussed:

Problem Areas or Concerns:

Attendees (Names/Signatures):

Comments:

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