

Topic: **Basic First Aid**

While it is best to leave major first-aid treatment to those who have professional training, all workers should know basic first aid. If you give first aid to others, always protect yourself from exposure to blood borne pathogens by wearing gloves, masks, and eye protection. **Do not be foolish.**

- Whatever you use as a dressing to stop bleeding, must remain in place until treated by a professional. If more dressing is required to absorb the blood, place it on top of the original dressing.
- In case of a broken bone, you should be able to apply a splint to immobilize the limb.
- If a victim is in contact with electricity, make sure the current is off before attempting to help the victim, or use a nonconductor, such as a dry wooden pole to remove the victim from the contact. If necessary, have an experienced person perform CPR (cardiopulmonary resuscitation).
- If the eye is splashed with an irritant, **immediately** flush the eye with clean water for at least 15 minutes.
- Never try to remove any objects from an eye with any instrument. Grasp the upper lashes and pull the upper lid out and down. Often the object will attach to the inside of the upper lid and be swept away by tears. If the injury is serious, put a clean cloth or gauze pad over the eye and seek professional help.
- An average adult can lose one pint of blood in 15 to 20 minutes without serious danger. To stop heavy bleeding, first elevate the limb (if no fracture is suspected) and apply direct pressure to the affected area.
- If Shock Suspected: Ensure the victim can breathe comfortably and place covers under and over victim. If they are unconscious, place them on their side and monitor the airway.
- For every wound, apply antiseptics to cleanse the wound to help prevent infection. A deep puncture wound is the most likely to become infected.
- Heat Exhaustion, may result from physical exertion in hot environments. Symptoms may include profuse sweating, weakness, paleness of the skin, rapid pulse, dizziness, nausea, headache, vomiting, and unconsciousness. The skin is cool and clammy with sweat. Body temperature may be normal or subnormal. **First Aid** - Rest in the shade or cool place. **Drink plenty of fluids or water.**

Notes: _____

Simple Safety Meetings® Leader Guide

Procedural recommendation for a Simple Safety Meeting® Leader:

- A. Prior to the meeting read the topic content to be sure you understand it.
- B. Make notes regarding specific company issues, policies or items for extra emphasis.
- C. Have each participant “sign in” on the participant information sheet prior to starting the meeting and the meeting clock.
- D. Hand out the “Topic Content” meeting sheet when the participant “signs in” making sure each participant has a pencil or pen for note taking.
- E. Instruct the participants to take their time and read through the content, taking their time to understand it and make notes about questions or suggestions they may have.
- F. Wait until everyone is done reading, asking the early finishers to please be quiet while everyone else finishes. (During this time it is a good idea for the leader to re-read the content so as not to appear to be paying attention to who are slow readers and fast readers. Do not embarrass slow readers, but encourage them to take their time to finish so they completely understand and can ask questions.)
- G. After everyone has completed reading and making notes, use a few moments to emphasize, clarify or restate any of the most relevant topic points.
- H. Ask the participants if they have any questions, suggestions or need any clarification.
- I. When the 10-minute bell goes off, the leader must be totally done, except answering questions from the participants.
- J. If another meeting is scheduled, remind everyone of the next meeting date and time.
- K. End the meeting by thanking the participants for their attention and questions.
- L. Remind the participants that working safely is a choice, and you (the leader) and the company wants them to make a conscious effort to choose to work safely

Our content is such that it can be passed out to the participants for them to read during the meeting. The leader’s function is to merely emphasize company specific points, ask if everyone understands the topic points and ask for comments and suggestions.

Our theory is that many shift level safety meeting leaders are not presenters and can feel uncomfortable making any sort of presentation in front of a group of people. However, shift level safety meeting leaders are typically knowledgeable in their area and can handle participant questions and suggestions quite well. The goal of any safety meeting is to communicate the information and make sure the participants understand the safety issues, procedures and policies at hand for your specific company.

Our approach is a simple one. Short, to the point meetings that last no longer than 10 minutes. In fact, we suggest having a standard kitchen timer at the meeting. As soon as the meeting starts, set the timer for 10 minutes. When the bell goes off, the leader’s portion **MUST** be concluded and the **ONLY** allowable discussion is participant questions, suggestions and comments.

Ideally, the topic content should be covered within 10 minutes, not including employee questions. After 10 minutes of presentation, employee’s minds begin to wander, thinking about the workday ahead, future plans in their personal life or just daydreaming.