

First Aid Kits

GENERAL DISCUSSION

Are only Band-Aids® and aspirin taken from the first aid kit most of the time because you or your coworkers aren't sure how to use the other supplies? First-aid kits can be stocked with a variety of items, but most kits have a common assortment of supplies. As with any tool, you must know how to use these products to get the best results. In this safety meeting, typical supplies and their uses will be described, to help make this helpful 'tool kit' most effective for you.

1. Absorbent Gauze: Use these to clean a wound or to apply first aid or antiseptic cream.
2. Adhesive Bandages: Different sizes and shapes are provided to protect minor scrapes and cuts after they have been cleaned and medicated.
3. Adhesive Tape: For securing wound dressings or giving additional protection over bandages.
4. Antacid Tablets: For indigestion or heartburn.
5. Antiseptic Soap or Pads: For cleaning skin or wounds.
6. Bandage Compresses: Use these for applying pressure to a large wound or scrape that is bleeding. Place the compress over the wound and apply pressure to reduce bleeding.
7. CPR Mouth Barrier: (e.g.: Micro shield) For use as a mouth barrier in CPR resuscitation.
8. Disposable Latex Gloves: The First Responder to an injury should use this protection to prevent contact with an injured person's bodily fluids (blood, saliva, etc.).
9. Elastic Bandages: For wrapping sprains and to help hold dressings or cold packs in place.
10. Eye Wash: The wash bottles in a first-aid kit are typically small. Use them to rinse very minor contaminants from the eye. All other eye injuries should seek medical care.
11. First-Aid Manual: A brief guide to emergency first-aid care.
12. First Aid Ointment or Antiseptic Cream: Apply this salve to wounds that have been cleaned prior to applying a dressing.
13. Gauze Roll: Gauze is used to hold flat, non-adhesive bandages in-place prior to taping. It is not a bandage, because most gauze is not a sterile dressing.
14. Instant Cold Pack: Place the pack on a sprain, fracture, or severe bruise to reduce swelling.

15. Microbial Hand Wipes: For First Responders' clean up after providing emergency care.
16. Pain Relievers: (e.g., Aspirin, Acetaminophen or Tylenol®) For minor aches or pains, as the package directs.
17. Scissors: For cutting clothing, tape or bandages and providing a better fit around the wound.
18. Triangular Bandage: Used to create a sling for supporting an injured hand or arm or as protection over a large dressing.
19. Tweezers: For removing foreign bodies from minor injuries. Not for use on eye injuries.
20. Wound Cleanser Wipes: Use these single wipes to clean minor scrapes or cuts before applying antiseptic and adhesive bandages.

Use first aid kits for minor injuries and during emergencies before medics arrive to treat serious injuries. So, know what supplies are in your kits--and make the best use of them.

Be sure to let your supervisor know if your kit needs to be restocked!

GENERAL SAFETY REVIEW

This is a time to review all safety concerns, not just today's topic. Keep your notes on this page before, during and after the safety meeting.

Are you aware of any safety hazards from any other crews? Point out any hazards other crews are creating that this crew should know about. Tell the crew what you intend to do about those hazards.

Do we have any other safety business? Discuss any past issues or problems. Report any progress of investigations and action taken.

Have there been any accidents, near misses or complaints? Discuss any accidents, near misses, and complaints that have happened since the last safety meeting. Also recognize the safety contributions made by members of the crew.

Please remember, we want to hear from you about any health and safety issues that come up. If we don't know about problems, we can't take action to fix them.

ENDING THE MEETING

Circulate Sign-Off Form.

Assign one or more crew member(s) to help with next safety meeting.

Refer action items for follow-up.

Do you have any Safety Recommendations?

Do you have any Job Specific Topics you would like us to discuss?

Comments
