

Job Injuries and First Aid

GENERAL DISCUSSION

We all try to live injury-free, but sometimes things get beyond our control.

- Are you prepared for an emergency?
- Do you know what to do if someone gets hurt on the job?
- Would you freeze in panic?

Today we're going to talk about the equipment and skills you need to deal with job injuries and similar emergencies. You or a crewmember may want to add a personal story about job injuries.

Ask the Crew these Questions

After each question, give the crew time to suggest possible answers. Use the information following each question to add points that no one mentions.

1. Every job must have a trained first aid provider on the site, or a designated medical clinic within 4 minutes of the site. Do you know who the first aid provider is on this job?

Name and location of onsite first aid provider (or clinic)

2. Every job must also have at least one first aid kit, kept in good condition. Do you know where our kits are located?

Locations of first aid kits

3. We are required to post emergency phone numbers on the site, including numbers for a local doctor, hospital, ambulance, and fire department. Do you know where the numbers are posted on this site?

Locations of posted emergency phone numbers (near job telephones or switchboards, if any, otherwise in a prominent place)

Show the crew the list of emergency phone numbers you brought to the meeting.

4. What emergency equipment do we have on this job, and where?

- Fire extinguishers, fire blankets, and sand for extinguishing fires. Types and locations: _____
- Eye washes and emergency showers. Locations: _____
- Communication devices (Including telephones, intercoms, megaphones, radios, alarms, etc.). Types and locations: _____
- Stretchers or baskets for moving injured people. Locations: _____
- Other (For example, special equipment for work in confined spaces, high-rise buildings, over water, etc.) Types and locations: _____

5. Do you have any questions about how to use our emergency equipment?

Demonstrate the various types of emergency equipment you brought to the meeting, or have volunteers do so. For example, you could demonstrate a first aid kit, fire extinguisher, eyewash, and stretcher. Answer any questions the crew may have.

6. What steps should you take if someone gets injured?

- Call 911.
- Notify the first aid provider, clinic, or supervisor. Describe the extent of injuries.
- Give first aid or CPR if necessary, but only if you know what you're doing.
- Keep people out of the area.
- Calm and reassure the injured person. Don't move them until trained help arrives.
- Stop severe bleeding by applying hand pressure to the wound.

7. Are there times when you shouldn't try to help an injured person?

- Yes. If you will be putting yourself in danger, get help instead of rushing in!

- Don't enter a confined space to rescue someone unless you have proper training and equipment.
- Turn off the power before you approach a victim of electric shock.
- If there's been a major chemical spill, let a qualified Hazardous Materials (HAZMAT) team respond. (Chemical Spills are covered in more detail in a separate Training Guide.)

8. If you're injured on the job, can you be treated by your own doctor?

- Yes. Your own personal physician can treat you immediately after a work injury, if you gave the company your doctor's name before you were injured. To be sure that your own doctor will treat you, always keep your doctor's name, address, and phone number on file with the company.

OSHA Regulations

OSHA requires most of the safety measures we've talked about. We have to take these precautions, it's the law. I have a Checklist of the OSHA regulations on job injuries and first aid. If you'd like to know more, see me after the meeting.

OSHA also requires us to have a written Emergency Action Plan (EAP) if there are more than ten workers on the site. Everyone working on the site has a right to see a copy. You can see a copy of our EAP anytime at:

Company Rules

(Only if applicable.) Besides the OSHA regulations, we have some additional company rules about job injuries and first aid.

Discuss company rules

Company Rules (Only if applicable.) Besides the OSHA regulations, we have some additional company rules about housekeeping.

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?

Have you reviewed the M.S.D.S Sheet for this safety topic?

Yes____ No____ N/A____

Comments
