

SAFETY MEETING TOPIC

This form shall be completed and kept on file

Job Name _____ Location _____ Job No. _____
Meeting Leader _____ Title _____
Date Held _____ Place _____ Time _____
Subject of Meeting _____ RESPONDING TO OCCUPATIONAL INJURIES _____

As an employee of a construction contractor, you are constantly required to work at different job locations. Because of this, you can't always be sure that medical facilities are close at hand. You and your co-workers need to know the proper method for responding to medical emergencies.

OSHA requires that at least one competently trained person be available in the work area to give first aid. However, all construction employees are encouraged to take first aid courses.

NOTE: The information provided below is not intended to take the place of first-aid certification training. Recognized first-aid courses will help you assess the risks involved in responding to emergencies.

The first 3 steps to take when responding to an occupational injury or medical emergency:

1. Survey the scene of the accident – is it safe for you to approach the victim?
2. Call Emergency Medical Services – The sooner help arrives, the better the victim's chances are for recovery.
3. Do a primary survey of the victim – check for life threatening injuries.

SURVEY THE SCENE OF THE ACCIDENT

Remember, you don't want to become another victim. Conditions such as fallen electric lines, toxic fumes and fire may prevent you from helping an injured co-worker. If you cannot safely assist the victim, call Emergency Medical Services (EMS).

Is the victim still in danger? Once you reach the victim, decide if it is safe to remain on the scene. Do not move an accident victim unless he is in immediate danger. Moving a victim with closed fractures could result in an open fracture, causing bleeding, as well as nerve and muscle damage. Moving victims with spine and head injuries may result in paralysis or death.

Try to determine what has happened and the extent of the injuries. If the victim is unconscious or incoherent, look for clues. A broken electric cable may indicate electrocution; an overturned ladder may indicate a fall.

Check to see if the victim is wearing a medical alert tag.

Injuries to the head, neck, and back can lead to paralysis and death if not treated properly. Bleeding from the ears or nose, and bruises or cuts to the head, neck or face may indicate a head or spinal injury. Take the necessary precautions where the slightest possibility for a head injury or spine injury exists.

Determine how many people have been injured. Check the entire area of the accident for other victims. Victims screaming in pain may not be as seriously injured as unconscious victims who may have been thrown from the immediate scene of the accident.

Bystanders can provide you with information on the accident and the victims. They may have witnessed the accident or know of medical problems the victim may have. Bystanders trained in first aid can assist in treatment. Those without first aid training can assist by calling EMS. They can also keep onlookers at a safe distance.

CALLING EMERGENCY MEDICAL SERVICES

Emergency Medical Services (EMS) is a community-wide means of responding to accidents and other emergencies. Know in advance how to contact EMS. Some communities have a 911 number. In other communities, you need to dial a local number or call the operator. Emergency numbers should be posted.

If you cannot make the call to EMS yourself, try to send two people. Tell the callers to report back to you. When calling EMS be prepared to give them the following information:

- Specific Location
- Your name
- Number of victims
- The help being given
- Telephone number
- What happened
- Victim's condition

Do NOT hang up first. The dispatcher may need more information. Wait until they hang up.

THE PRIMARY SURVEY

The primary survey will help you identify life threatening injuries that require immediate first aid care. The three elements of the primary survey are AIRWAY, BREATHING, and CIRCULATION. These elements are called the ABC's.

Position the Victim (Only position the victim if needed)

- Kneel facing the victim (halfway between the victim's hip and (shoulders)
- Straighten the victim's legs, place the victim's arms closest to you above their head
- Lean over the victim and place your hands on the victim's hips and shoulders
- Roll the victim toward you as a single unit; as you roll the victim move your hand from their shoulder to support the back of the head and neck
- Place the victim's arm nearest to you alongside their body

AIRWAY

- Open the airway
- Place your hand (nearest the victim's head) on the victim's forehead
- Place two fingers of your other hand under the bony part of the victim's chin
- Tilt the head back and lift the jaw. Do not close the victim's mouth. Do not push on the soft parts under the chin

BREATHING

- Check for breathing
- Maintain an open airway
- Look at the chest, listen and feel for the victim's breath for about five seconds
- If there is no breathing, give the victim two breaths. If the breaths do not go in, retilt the head and try again.

CIRCULATION

- Check for a pulse
- Locate the victim's Adams apple with your middle and index fingers
- Slide your fingers down into the groove of the neck (on the side closest to you) to find the carotid pulse
- Feel for a pulse for about ten seconds

If the victim is not breathing, has an obstructed airway or has no pulse, and you have current CPR training, begin the necessary life support procedures.