

WEEKLY SAFETY MEETING

FOR THE CONSTRUCTION INDUSTRY

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© SAFETY MEETING OUTLINES Box 700, Frankfort, IL 60423 815-464-0200 Vol. 24 No. 5 Week of 2/10/17

Company Name Superior Waterproofing Job Name _____ Date _____

FIRST AID

First aid is the initial treatment an injury receives. Depending on the severity of the injury, additional medical attention may be needed. Injuries requiring first aid happen frequently in construction. Bruises, skinned knuckles, sunburn and foreign objects in the eyes are common throughout our industry. Cuts and scrapes are two of the most common kinds of injuries incurred while doing construction work. They may seem minor, but left untreated they can become infected.

An ounce of prevention is worth a pound of cure. The supervisor plays a pivotal role in educating the individual to avoid injuries, and thus how to avoid having to seek first aid treatment. He or she must regularly remind the workforce to wear personal protective equipment (PPE), to inspect the work area for potential hazards and to report all injuries, no matter how minor, so they can be treated properly. When injuries do occur first aid is vital.

OSHA regulations require that there be a certified first-aider at the jobsite if the jobsite is not in close proximity to offsite medical treatment. It's a good idea to find out who this person is in case you need assistance for yourself or for a co-worker. Check with your supervisor to find out who the company first-aider is and where the first aid kits are located. It is necessary to have a clean, fully-stocked first aid kit. A good first aid kit contains the essential items to treat minor injuries: bandages, tape, sterile pads and especially protective gloves and a one-way mask. If the first aid kit is low on any of these items be sure to ask your supervisor to order more. If you have the opportunity to take a first aid class, do it. You never know when you will use that training on or off the job.

You should only provide first aid if you have been properly trained and certified. When treating minor cuts and scrapes, be sure to follow proper first aid techniques. Apply direct pressure with a clean cloth to stop the bleeding. Wash the area thoroughly with soap and water. Bandage the injured spot with a clean, non-sticking dressing. Remember to keep it clean and change the bandage when you get home. Bruises and bumps to the head need to be checked. A bruise can develop a blood clot and create additional problems. If the injury is severe, proper first aid techniques can reduce the complications caused by the injury, stabilize the victim and increase chances of survival until outside medical attention can be provided.

It is up to you to work safely, wear your PPE, and do your part to not get injured. But if you or a co-worker is injured, make sure the injury is treated properly.

First aid classes are conducted by the American Red Cross.

SAFETY REMINDER

Take the time, and maybe a family member, and go get the training. Also available Online.

WHAT DO I DO?

1. For a minor injury you should contact Mike then administer 1st aid or take to the closest Concentra location.
2. For a severe injury you should contact Mike then take to the closest Emergency room (SLU if possible).
3. Life threatening call 9-1-1, then call Mike. INITIALS _____

WHAT UNSAFE OPERATIONS DID YOU FIND ON YOUR JOBSITE THIS WEEK?

What Corrective action was taken?

Meeting Attended By _____

Supervisor's Signature _____