

First Aid Saves Lives

Gain the knowledge to save a life!

Once an injury or sudden illness occurs, effective first aid can make the difference between a rapid or prolonged recovery, a temporary or permanent disability, and even life or death. In 2017, the Bureau of Labor statistics reported that approximately 2.8 million nonfatal workplace injuries and illnesses, as such, administering first aid to an injured colleague is critical while waiting for the emergency responders to arrive, or seeking professional medical treatment.

Although AEDs and CPR are common first aid methods, there are other medical emergencies that require different first aid techniques. For example, there are first aid methods to respond to choking, bone fractures, dislocations, cuts, minor burns, and poisoning.

When administering first aid, remember to practice universal precautions to avoid contact with bodily fluids known as Blood Borne Pathogens (BBPs), by wearing gloves, goggles, face shields, or CPR barriers. BBPs are pathogenic microorganisms present in human blood that can cause disease in humans. BBPs can be transmitted through contact with infected human blood and other potentially infectious body fluids. These pathogens include, but are not limited to, Hepatitis B (HBV), Hepatitis C (HCV) and Human Immunodeficiency Virus (HIV).

Tips for Success When Talking to Your Team

Preparation is Key: Keep the topic relevant. Work with your team to discuss and

nearest first aid kit and AED.

Stay Positive: Keep the focus on what can be done to create a safe workplace, instead of focusing on what has gone wrong in the past.

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