Emergency! Would You Know How to Respond?



WHAT'S AT STAKE

Quick! A co-worker has just been seriously injured and emergency medical assistance is needed. Do you know what to do?

WHAT'S THE DANGER

The knowledge you have and the decisions you make during a crisis could mean the difference between life and death.

- Don't be taken by surprise; be prepared.
- Don't panic. Remain calm and think your actions through.
- Don't be a victim. During an emergency protect yourself from hazards in the area. Be aware of electricity, escaping gases, broken equipment and blood or body fluids.

EXAMPLE
A worker falls 20 feet, receiving a shock when the scaffolding he is standing on collapses and comes into contact with a power line below. A co-worker realizes the area is still energized and cuts the power so paramedics can safely provide medical attention.

HOW TO PROTECT YOURSELF

Remember these points:

- Activate the emergency response system by calling 911, local authorities or the on-site emergency number.
- Block off the area, keep people from entering the scene and crowding around the injured person.

If you are trained and qualified to provide assistance:

- Calm the injured person. Tell him your name and that you are trained in first aid.

If the person is not breathing:

- If you are qualified, perform CPR (cardiopulmonary resuscitation).

If the person is bleeding:

- Apply direct pressure to the wound to help stop bleeding.
- Apply clean bandages in layers. Do not remove the old layers or you will re-open the wound.
- If a body part has been amputated, wrap it and place it on ice. Give it to the emergency response crew.
- Wear PPE (personal protective equipment) such as gloves, a face shield and waterproof apron to prevent contact with blood and body fluids. Use a mouth-to-mouth protective device, such as a pocket mask, if you are qualified to perform CPR.

After the incident:

- Once the patient has been removed from the scene for medical assistance, make sure nothing is moved, taken or tampered with.
- Make detailed written notes about everything you saw and did. Include a list of witnesses, PPE used, location and position of the victim and any other important information.
- Review your company’s emergency response plan and policies regularly.
- Properly dispose of contaminated materials, clothing and PPE. Clean and disinfect any surfaces that may have come into contact with blood or body fluids. Wash your hands well.

FINAL WORD

Following these steps will ensure the victim is cared for, that you are protected and the incident is thoroughly investigated.