

Burns

- Minor burns appear red and swollen. Unless they involve a large portion of the body, you can treat these at home by first **flushing the area with cool water** for several minutes, covering the area with a sterile bandage or cloth and using an over-the counter pain reliever.
- Moderate burns are intensely red in color and will begin to blister. Follow the **same first aid procedures as for minor burns and seek medical attention.**
- Severe burns may be charred black or dried white. Nerve damage may result in no pain in the most severely affected areas. Remove the patient from the source of the burning without endangering yourself and **Call 9-1-1** immediately. **Remove any smoldering clothing and jewelry** which may still be hot or may cut off circulation when hands and feet swell. **Cover the burned area with a cool/moist sterile bandage or cloth. DO NOT apply any creams, ointments or ice,** and do not break blisters. Be careful - you want to cool the burning but not the patient. Burnt skin will prevent the body from properly controlling its temperature and the patient can become hypothermic even during the summer.

Electrocution

- Even small amounts of electricity can be deadly and even just a small mark on the skin could hide a serious internal injury. If possible, **turn off the source of the electricity.** If that is not possible, **separate the patient from the electricity using a non-conductive material** such as a plastic or wooden stick. Call 9-1-1 and treat any burns, shock or cardiac/respiratory arrest.

Eye Injuries • Impaled objects

- Do not attempt to remove the object. Instead, **surround the object with large bulky dressings** so that the object does not move. **Cover both eyes.** Even if just one eye is injured, the two eyes move together and can cause further injury.
- Foreign debris
 - Debris such as dirt, sand, and sawdust can cause blinking and tearing which will help flush the substance from the eyes. **If the object remains, turn the head to the side and flush with water** from the bridge of the nose letting the water run off of the opposite cheek.

Minor Cuts and Scrapes

- Stop the bleeding by **pressing a gauze pad or clean cloth against the wound**. Once bleeding stops, **clean the area** with mild soap and water, **dry gently** with a clean cloth (do not remove the dried blood) and cover with a protective bandage. If the bleeding does not stop after several minutes of applying pressure, Call 9-1-1.

Procedures to CPR:

- Is the environment safe for the person?
- Is the person conscious or unconscious?
- If the person appears unconscious, tap or shake his or her shoulder and ask loudly, "Are you OK?"
- If the person doesn't respond and two people are available, have one person call 911 or the local emergency number and get the AED, if one is available, and have the other person begin CPR.
- If you are alone and have immediate access to a telephone, call 911 or your local emergency number before beginning CPR. Get the AED, if one is available.
- As soon as an AED is available, deliver one shock if instructed by the device, then begin CPR.

CPR:

- 1) Check the scene, make sure the area is clear
- 2) Call 911 for assistance. While calling the operator, request for an AED
- 3) Open the airway
 - a) Tilt chin back
- 4) Check for breathing, wait 10 seconds, and if there is no breathing, administer CPR
- 5) Push hard and fast in between the rib cage. Make sure it is at least 2 inches deep.
 - a) Minimum 100 compressions per minute
- 6) Deliver rescue breaths, make sure the head is tilted back and that the person's nose is shut
- 7) Keep performing the cycle until a medical professional arrives



Pit Safety

- Safety glasses with side shields or goggles are to be worn at all times while in the pits
- No loose fitting clothing allowed when working in the shop.
- No open toe shoes or sandals allowed in shop.
- Users must clean up area used every time work is finished. Others may need to use the area in your absence.
- Students must clean and return all tools to proper location when finished.
- No horseplay allowed in shop. Do not distract anyone using equipment.
- Floor area where work was done must be swept after every use.
- Safety is your top priority when using the shop. If you are not sure what you are doing, "ASK".
- Never attempt to use equipment you have not received training on.
- Report any broken tools or machines immediately to main shop.
- All injuries (including minor) must be reported immediately to a Safety Captain/Advisor or a Mentor

Dress Code:

- No open toed shoes
- No loose articles of clothing
- No overly large pieces of jewelry (watches, necklaces, neckties, earrings etc.)
- No shorts
- No nylon/synthetic clothing (easy to burn)
- Tie up long hair

Pit Organization

- Always put away tools in the proper location (as directed by the Mechanical Captain)
- No hanging object should be over 10 feet above ground level
- Clean up floors after every cutting or drilling operation
- Clear pathways from obstacles
- Follow pit schedule (as directed by the Mechanical Captain)
- Wash hands after handling with grease, dust, or any parts
- Ensure that anything that potentially sparks is in a cool area