

# First Aid

## Exposure to Blood (or other potentially infectious material)

Take the following actions immediately, Office of Environmental Health, Safety and Risk Management  
Always report all exposures to blood to your supervisor immediately.

1. **PERCUTANEOUS EXPOSURE:** If you are stuck with any sharp object that is contaminated with human blood or other potentially infectious material, wash the area thoroughly with water and soap. Proceed to a health care facility for care within 1- 2 hours of the exposure.
2. **SPLASH TO THE EYES, FACE, MUCOUS MEMBRANES OR BROKEN SKIN:** Flush the area with water and proceed to a health care facility for care within **1-2** hours of the exposure.

## Head/Spine Injury

1. Never move a person who may have a spine injury, unless there is life-threatening/immediate danger.
2. All head or spine injuries can be very serious. Seek medical attention in all cases of head or spinal injury!

## Unconscious Person

1. Check for breathing and pulse. Summon help by calling 108
2. If you are trained, perform CPR, if needed.
3. Place the victim on his/her side, unless there is the possibility of fall or other injury.

## Bleeding

1. For control of minimal bleeding, use disposable gloves and apply direct pressure using a clean, dry dressing.
2. For control of spurting blood, use disposable gloves, a gown, a mask and protective eyewear, and apply direct pressure using a clean, dry dressing.
3. Watch for shock and seek medical attention as needed.

## Shock

1. Make sure the victim is breathing. Summon help by calling 108
2. Stop any life-threatening bleeding by applying direct pressure to the wound.
3. Lay the victim down and elevate the legs 6-8 inches.
4. Cover the victim to keep him/her warm.
5. Continue to monitor the victim until help arrives.

## Seizure/Convulsion

1. Do not restrain the patient.
2. Protect patient during the seizure. Place the victim on his/her side and protect the head and limbs.
3. Do not force anything into the patient's mouth.
4. Seek medical attention. Reassure the patient.

## Closed Fracture

1. Do not move victim, unless there is a danger of fire, explosion or other life-threatening emergency.
2. Do not try to set a fracture or straighten an injured limb.
3. Stabilize the injured area.
4. Seek medical attention.

### Small Object in Eye(s)

1. Wash gently with normal saline or flush with water.
2. Do not rub your eye(s).
3. Seek medical attention.

### Electrical Injuries

1. Never touch the victim before turning off the power.
2. Seek medical attention immediately.

### Dislocation

1. Immobilize joint in the position found and do not attempt to straighten.
2. Seek medical attention.

### Frostnip/Frostbite

1. Remove jewelry, if possible.
2. Warm the affected area with lukewarm water (never hot water) until thawing is complete, but no longer.
3. Dry heat is not recommended.
4. Do not rub the affected area.
5. Seek medical attention, especially if blisters occur.

### Heat Stress

1. Get the person into the shade or a cool area.
2. Loosen restrictive clothing.
3. Cool the person using cool water, not ice.
4. Give sips of cool water to drink (not ice water) only if the person is conscious.
5. If heat stroke is suspected, seek medical attention immediately (this is a life threatening condition).

### Thermal Burns

1. Treat for shock as needed.
2. Remove jewelry from the affected area, if possible.
3. Apply cool, **not cold**, clean water or dressings.
4. Protect from dirt and friction by applying clean, dry dressing.
5. Seek medical attention and watch for shock.
6. **Do not** break blisters, apply oil, butter, grease or burn ointment

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