



Loss Control Insight

Are You Ready to do First Aid?

Would you know what to do in an emergency? If you came upon a traffic accident, if someone collapsed in your home or was injured at work, would you know how to help? Now is the time to get training and plan your emergency response.

If you come upon someone who appears to need first aid here's what to do first:

- Look after your own safety first. Do not put yourself in danger by entering a hazardous accident scene or coming into contact with another person's blood.
- Call for emergency help. In many areas, dialing 9-1-1 will put you in touch with the ambulance, police or fire departments.
- Be prepared to give this information: What happened, where it happened and your telephone number. Stay on the line until the dispatcher tells you to hang up. If you are in a building such as your home, turn on the outside lights so emergency responders can find you. If possible, have someone help direct the emergency responders to the scene.

Here are some quick tips on giving first aid to care for the person until medical help arrives:

- Do not move the patient unless he is in immediate danger such as fire, drowning or being struck by a vehicle.
- If there is a chance the person has received an injury to the head, back or neck, immobilize the injured area. Any movement may result in a spinal cord injury causing paralysis.
- If the person is not breathing or does not have a pulse, begin rescue breathing and/or CPR (Cardio Pulmonary Resuscitation) if you are trained to do so.
- If the person is bleeding heavily, apply a sterile bandage. If you can, elevate the injured part and apply direct pressure to the wound. Important note: Try not to come into contact with blood or other bodily fluids from the injured person because of the risk of bloodborne diseases such as HIV which causes AIDS or HBV which causes Hepatitis B.
- If a fracture occurs, keep the injured area still. If you are far from medical help, you may have to make a splint to prevent further injury. Do not attempt this unless you know how.
- Protect the patient. Keep him covered for warmth.



**"We've decided to name
16 new safety rules after you."**