Toolbox Talks – First Aid

It’s an excellent idea for construction workers and for everyone to know first aid fundamentals: how to stop bleeding, start breathing, start a stopped heart beating again and give any other vitally-needed care until professional help arrives.

Whether or not you have had any first aid training, you should know this principle that is too often forgotten in many emergencies:

**DON’T MOVE ANYONE WHO APPEARS TO BE SERIOUSLY INJURED.**

Well-meaning people often have the impulse to hoist an accident victim to a sitting position, or pointlessly move them from here to there, or from there to here.

The victim of a bad fall, or of some other accident on your project, might have internal injuries or a fractured spine. If so, trying to move him might needlessly aggravate the injury. It might permanently cripple or even kill them!

Wait until experts arrive who will transport the victim to a hospital with a minimum of danger. If the person must be moved to save them from further danger, try to work a blanket or a coat under them, and then pull them gently along the ground to a safe location. If the person must be lifted, support each part of the person’s body so that his or her entire frame is kept in a straight line.

Good first aid is not only knowing what to do—how to stop excessive bleeding, or restore breathing—it is also knowing what not to do. Do not move a seriously injured person unless absolutely necessary.

If someone is ever seriously hurt on the job, see that professional help is called right away. Then see that what needs to be done is done, and that what shouldn’t be done is not done.
Our safety evaluations, reports and recommendations are made solely to assist your organization in reducing hazards and the potential of hazards and accidents. These recommendations were developed from conditions observed and information provided at the time of our visit. They do not attempt to identify every possible loss potential, hazard or risk, nor do they guarantee that workplace accidents will be prevented. These safety evaluations, reports and recommendations are not a substitute for ongoing, well-researched internal safety and risk management programs. This report does not warrant that the property inspected and its operations are compliant with any law, rule or regulation.

United Heartland is the marketing name for United Wisconsin Insurance Company, a member of AF Group. All policies are underwritten by a licensed insurer subsidiary of AF Group.