



Safety Talk



First Aid at Work

What is First Aid?

First aid is the immediate care given to a person who is injured or who suddenly becomes ill. It can range from cleaning a cut and applying a bandage to helping someone who is choking or having a heart attack.



Why is First Aid Important?

First aid is an essential part of your company's emergency response system and overall health and safety program. Think about what could happen if someone at work suddenly stopped breathing and no one knew how to help that person. Or, what if the necessary first aid supplies and equipment weren't available to help an employee who was bleeding heavily or who had been splashed with a corrosive chemical.

Every company will, at some time or another, have to deal with first aid emergencies. Even in workplaces that seem safe, such as stores and offices, many types of emergencies can happen. It is critical to be prepared at all times to quickly and effectively deal with these situations.

Benefits of First Aid

There are many benefits of first Aid. First aid can:

- ❖ save lives (in the case of seriously injured or ill persons);
- ❖ reduce the chance of permanent damage (for example, prompt flushing of the eyes with water after a chemical splash can prevent blindness) help prevent an injury from becoming more serious (for example, cleaning and bandaging a cut can help prevent infection and further problems);
- ❖ minimize the length and extent of medical treatment;
- ❖ reduce lost time from work

Training employees in first aid also has its benefits. For example, research shows that people trained in first aid have fewer and less severe accidents, both on and off the job, than untrained people.

It is the duty of workers to:

- get first aid immediately through your First Aid Attendant
- complete the First Aid Log that should be by the First Aid Kit (even when you take a band-aid)
- notify the employer immediately of any injury or possible onset of a work-related illness

Northern Safety Solutions Inc.
955 Bancroft Drive Sudbury ON P3B 1P8
Tel: 705.524.8189 Fax: 705.566.4348
Toll Free: 1.866.524.1975
www.northernsafety.com