

# Emergency! Would You Know How to Respond?



## WHAT'S AT STAKE

Quick! A co-worker has just been seriously injured and emergency medical assistance is needed. Do you know what to do?

## WHAT'S THE DANGER

The knowledge you have and the decisions you make during a crisis could mean the difference between life and death.

- Don't be taken by surprise; be prepared.
- Don't panic. Remain calm and think your actions through.
- Don't be a victim. During an emergency protect yourself from hazards in the area. Be aware of electricity, escaping gases, broken equipment and blood or body fluids.

## EXAMPLE

A worker falls 20 feet, receiving a shock when the scaffolding he is standing on collapses and comes into contact with a power line below. A co-worker realizes the area is still energized and cuts the power so paramedics can safely provide medical attention.

## HOW TO PROTECT YOURSELF

### Remember these points:

- Activate the emergency response system by calling 911, local authorities or the on-site emergency number.
- Block off the area, keep people from entering the scene and crowding around the injured person.

### If you are trained and qualified to provide assistance:

- Calm the injured person. Tell him your name and that you are trained in first aid.

### If the person is not breathing:

- If you are qualified, perform CPR (cardiopulmonary resuscitation).

**If the person is bleeding:**

- Apply direct pressure to the wound to help stop bleeding.
- Apply clean bandages in layers. Do not remove the old layers or you will re-open the wound.
- If a body part has been amputated, wrap it and place it on ice. Give it to the emergency response crew.
- Wear PPE (personal protective equipment) such as gloves, a face shield and waterproof apron to prevent contact with blood and body fluids. Use a mouth-to-mouth protective device, such as a pocket mask, if you are qualified to perform CPR.

**After the incident:**

- Once the patient has been removed from the scene for medical assistance, make sure nothing is moved, taken or tampered with.
- Make detailed written notes about everything you saw and did. Include a list of witnesses, PPE used, location and position of the victim and any other important information.
- Review your company's emergency response plan and policies regularly.
- Properly dispose of contaminated materials, clothing and PPE. Clean and disinfect any surfaces that may have come into contact with blood or body fluids. Wash your hands well.

**FINAL WORD**

Following these steps will ensure the victim is cared for, that you are protected and the incident is thoroughly investigated.