First Aid Quiz



QUESTION

What is the goal of First ‘ Aid in the workplace’

ANSWER

- Preserve Life
    - Administer the correct first aid to save a casualty’s life
- Provide the correct treatment for the underlying cause of injury or illness.
- Promote Recovery
    - Give ongoing treatment while waiting for the emergency services to arrive.

WHY IS IT RIGHT

INTRODUCTION

First aid is the care given to someone that has become ill or injured before qualified medical assistance is available.

Qualified first aiders are not only a legal requirement within a workplace, but they can provide lifesaving care in an emergency. In addition, it shows that an employer is looking after his/her employees and the safety of an organization.

CONTENTS OF FIRST ‘ AID BOX

The decision on what to provide will be influenced by the

findings of the first-aid needs assessment. As a guide, where work activities involve low hazards, a minimum stock of first-aid items might be:

- a leaflet giving general guidance on first aid (for example, HSE's leaflet Basic advice on first aid at work);
- individually wrapped sterile plasters (assorted sizes), appropriate to the type of work (hypoallergenic plasters can be provided if necessary);
- sterile eye pads;
- individually wrapped triangular bandages, preferably sterile;
- safety pins;
- large sterile individually wrapped unmedicated wound dressings;
- medium-sized sterile individually wrapped unmedicated wound dressings;
- disposable gloves (for advice on latex gloves please see Selecting latex gloves)

GOLDEN RULES OF FIRST AID

1. Reach the site of accident as early as possible.
2. Do not waste time asking unnecessary questions
3. Find out the cause of injury.
4. Do first things first quickly, quietly and without fuss or panic.
5. Give artificial respiration if breathing has stopped-every second counts.
6. Stop any bleeding.
7. Guard against or treat for shock by moving the casualty as little as possible and handling him gently.
8. Do not attempt too much-do the minimum that is essential to save life and prevent the condition from worsening.
9. Reassure the casualty and those around and so help to lessen anxiety.
10. Do not allow people to crowd around as fresh air is

essential.

11. Do not remove clothes unnecessarily.
12. Arrange for the removal of the casualty to the care of a Doctor or hospital as soon as possible.

BASIC FIRST-AID SAFETY TIPS FOR COMMON WORKPLACE INJURIES

- First, make sure the person is breathing. If necessary, and if you are trained, start the ABCs of first aid - Airway, Breathing and Circulation. This may include either rescue breathing or Cardiopulmonary Resuscitation (CPR).
- Be prepared to treat every accident victim for shock because it can be a life-threatening condition. Look for symptoms such as pale, clammy skin and rapid, shallow breathing. Make the person comfortable, either lying down or in a semi-sitting position, and keep him warm.
- If there is bleeding, remember the 3 P's. To slow or stop the bleeding, position the person lying down, position the limb higher than the heart and apply pressure on the wound. Cover the wound with a clean cloth and secure with a larger bandage. You must protect yourself from contact with blood.
- Support a broken bone in a comfortable position ' using pillows or rolled blankets. Elevate the limb slightly if possible and apply a wrapped ice pack on the swelling. Don't move the person unless he is in immediate danger.
- Soak small heat burns in cool water for 20 minutes and protect with a light, lint-free dressing. Serious burns can be fatal and need prompt medical assistance. With all burns, don't break blisters, don't apply oil, lotions, butter, or ice and don't remove charred or melted clothing.
- For burns caused by chemicals, immediately place the person into an emergency shower. Make sure the victim continues showering for a minimum of 15 minutes while he removes all of his clothing.

- Medical treatment is necessary.
- Chemical eye injuries should be irrigated for at least 20 minutes in an eye wash and while the person is being transported to medical aid.
- A puncture wound to the chest or lungs is a life-threatening injury. Quickly seal the wound by placing your hand, plastic, foil, or a credit card over the injury. Have someone else send for medical assistance. Place the person in a comfortable semi-sitting position.
- Amputations can also be life threatening. First, stop the bleeding by applying pressure to an artery in the wrist, arm, groin or leg. Then apply clean dressings to the stump and treat the patient for shock. Wrap the amputated part in a clean cloth and place in a bag of ice. Make sure you send the amputated part with the patient to the hospital.

WHY IS EVERYTHING ELSE WRONG

WARNING

The importance of first aid knowledge is backed up by research. About 610,000 people die of heart disease in the United States every year ‘ that’s 1 in every 4 deaths, according to the Centers for Disease Control and Prevention. Many of these deaths were preventable through knowledge of first aid.

The construction industry has one of the highest fatality and injury rates of any industry, with fatality rates for 2016 at the highest level since 2008, according to the Bureau of Labor Statistics (BLS). The construction fatality rate for private construction currently stands at 9.5% per 100,000 workers.

PREVENTION

First Aid is part of arsenal to provide **Emergency Care** in the workplace.

There are 6 critical procedures connecting first responders to when emergency care can be given.

1. **Teaching Methods**

Training programs should:

- Help trainees develop ‘hands-on’ skills using mannequins and partner practice.
- Have the right first-aid supplies and equipment available.
- Expose trainees to acute injury and illness situations and responses using visual aids.
- Include course resources for reference both during and after training.
- Allow enough time for emphasis on commonly occurring situations.
- Emphasize skills training and confidence-building through ‘hands-on’ practice.
- Emphasize quick response to first aid situations through practice scenarios and drills.

2. **Preparing to Respond to a Health Emergency**

Include instruction and discussion on:

- Prevention as a strategy to reduce fatalities, illnesses and injuries.
- Understanding the legal aspects of providing first aid care, including Good Samaritan legislation, consent, abandonment, negligence, assault and battery.
- Understanding the effects of stress, fear of infection, panic; how they interfere with performance; and what to do to overcome these barriers.

3. **Assessing the Scene and the Victim(s)**

When covering scene and victim assessments include discussion and practice (if applicable) on:

- Assessing scene for safety, number of injured, and nature of the event.
- Assessing toxic potential of the environment and the need for respiratory protection.
- Assessing each victim for responsiveness, airway blockage, breathing, circulation, and medical alert tags.
- Identifying the presence of a confined space and the respiratory protection and specialized training required to perform a rescue.
- Prioritizing care when there are several injured.
- Taking a victim's history at the scene and determining the cause of injury.
- Performing a logical head-to-toe check for injuries.
- Methods for safely:

- Moving and rescuing victims.
- Repositioning ill/injured victims to prevent further injury.

- Stressing the need to continuously monitor the victim.

4. **Responding to Life-Threatening Emergencies**

The training program should be designed or adapted for each worksite and should include standard first aid, CPR, and AED use as well as instruction in:

- Knowledge of the chemicals at the worksite and of first aid and treatment for inhalation or ingestion;
- Effects of alcohol and illicit drugs so the first-aid provider can recognize the physiologic and behavioral effects of these substances.
- Recognizing asphyxiation and the danger of entering a confined space without appropriate respiratory protection.

    - Additional training is required if first aid personnel will assist in the rescue from the

confined space.

- Responding to Medical Emergencies
    - Chest pain, stroke, breathing problems.
    - Anaphylactic reaction and hypoglycemia in diabetics taking insulin.
    - Seizures and reduced level of consciousness.
    - Pregnancy complications.
    - Abdominal injury and an impaled object.

5. **Responding to Non-Life-Threatening Emergencies**

Common non-life-threatening injury and illness treatment includes:

- Wounds
    - Wounds assessment and first aid for wounds including cuts, avulsions, and amputations.
    - Principles of wound care, including infection precautions and use of PPE.
- Burns
    - Assessing the severity of a burn.
    - Recognizing type of burn is thermal, electrical, or chemical ‘ and appropriate first aid.
- Reviewing corrosive chemicals at a specific worksite and hazard-appropriate first aid procedures.
- Musculoskeletal Injuries
    - Fractures, sprains, strains, contusions and cramps.
    - Head, neck, back and spinal injuries.
    - Appropriate handling of amputated body parts.
- Eye injuries
- Oral injuries and the importance of preventing aspiration of blood and/or teeth.

6. **Trainee Assessment and Skills Refresher**

- Assessment of successful completion of first aid training should include a skills test and a written assessment.
- Numerous studies have shown a retention rate of 6-12 months of first aid skills.
    - Skill reviews and practice sessions are recommended at least every 6 months for CPR and AED skills.
    - Instructor-led retraining for life-threatening emergencies should occur at least annually.
    - Retraining for non-life-threatening response should occur periodically.