

Eye Injuries

- Splashes
- Particles in eye
- Blow to eye
- Cuts near eye
- Penetrating objects



- Eye injuries are a common workplace medical emergency. Eye protection can prevent most injuries. But just in case, you should be familiar with first aid for different kinds of eye injuries.
- For chemical splashes, flush eyes for at least 15 minutes with water, and then close the eyes and cover them with a clean cloth. Get immediate medical attention.
- For solids (particles, dust, powders, etc.) in the eye, flush with water until particle comes out. If it doesn't come out, cover the eye and seek medical attention. Don't let the victim rub the eye.
- For a blow to the eye, apply cold compresses for 15 minutes to reduce pain and swelling. Get medical attention.
- For cuts near the eye, bandage loosely and get medical attention. Don't let the victim rub the eye.
- For objects that penetrate the eye, don't try to remove, move, or put any pressure on the object. Immobilize it by placing a paper cup or soft, bulky dressing around it, secured with tape. Bandage the other eye so that the victim will keep the injured eye still. Get immediate medical attention.

Burns

- First-degree burns—Reddened, painful skin
- Second-degree burns—Blistering
- Third-degree burns—Charring, deep tissue damage



- Burns are another common workplace hazard. You can be burned by hot surfaces, hot materials, or by the properties of certain materials. First aid for burns depends on the degree of the burn.
- First-degree burns are the least severe. They just involve the top layer of skin, which becomes reddened and painful.
- Second-degree burns are more serious and include blistering in addition to reddened skin and pain. First- and second-degree burns may be treated with cold, running water for relief of pain. Then cover the burned area with a moist, sterile dressing. Don't break blisters on second-degree burns.
- Third-degree burns are the most serious and can even be life threatening. With third-degree burns the skin is destroyed, you see charring and deep tissue damage. You may even see exposed bones. For third-degree burns, call emergency immediately, and keep the victim comfortable until help arrives.
- Always get immediate medical attention for all burns, especially those that are severe and those that cover large areas of the body.

Exposure to Hazardous Materials

- Unprotected exposure to hazardous materials can sicken or even kill a person. These are the basic first-aid procedures for these exposures.
- For exposures to the eyes, flush with water for 15 minutes and get medical attention.
- For exposures to the skin, flush with water for 15 minutes and get medical attention for burns and other damage.
- For inhalation of vapors or gases, move the victim to fresh air immediately. Administer CPR, if necessary.
- For ingestion, have a co-worker call emergency. Another employee can also call your local poison center for more first-aid information, if necessary.

- Eyes
- Skin
- Inhalation
- Ingestion



Broken Bones

- Look
- Ask
- Treat for shock



- The rule for treating people who may have broken bones is never to move them unless it's necessary for their safety. Neck and back injuries are especially risky. The wrong move could cause paralysis or death. If you suspect broken bones, call for emergency medical assistance, and instruct the victim not to move.
- Then look for swelling and deformity.
- Ask the victim to rate the pain, explain how the injury happened, and if he or she can move the injured limb.
- Treat for shock if the person shows symptoms.
- If it seems that a person might have a broken bone, apply ice wrapped in a towel or cloth to the area, and keep the victim comfortable until help arrives.

Heat Exhaustion

- Move to cool place
- Lay victim down
- Elevate feet
- Loosen clothing
- Give fluids
- Apply cool compresses



- Working in a hot environment or on a hot day can be very stressful for your body, especially if you're not used to the heat.
- Heat exhaustion may start out as discomfort and fatigue but can quickly develop into something more serious. Symptoms of heat exhaustion include pale or flushed appearance, weakness, heavy sweating, headache, moist and clammy skin, dizziness, and sometimes, nausea or a slight fever.
- First aid for heat exhaustion involves these steps:
 - Move the victim to a cool place;
 - Have the person lie down;
 - Elevate feet 25 to 35 cm;
 - Loosen clothing;
 - Give the victim water and encourage him or her to drink slowly; *and*
 - Apply cool compresses to the head and body.
 - Do not administer “salt tablets,” as these are a high blood pressure risk.

Heatstroke

- If a person suffering from heat exhaustion is not treated promptly, it can turn into heatstroke. Heatstroke is a life-threatening condition in which the body gets so hot that it can't cool down. Signs of heatstroke include very hot and dry skin, extreme tiredness, and confusion.
- You have to act fast in cases of heatstroke. Immediately call emergency.
- While you're waiting for help to arrive, cool the person down by hosing his or her body with cool water or by fanning the body.
- Monitor the victim to make sure the airway remains open, the person is breathing, and the person has a pulse.
- If you work in a hot environment or if you exercise or work outdoors on hot days, you should recognize the symptoms of heatstroke and take precautions to prevent overheating.



- Immediately call emergency
- Cool the person down
- Monitor

Fainting



- Fainting can occur when blood pools in the legs, reducing the blood flow to the brain. People may faint when they are standing for a long time in the heat. Fainting can also be brought on by stress.
 - Check a person who has fainted for breathing.
 - If the person is not breathing, begin CPR.
 - If the person does not regain consciousness within a few minutes after fainting, call for emergency medical assistance and continue to monitor breathing.
 - Otherwise, if the person quickly regains consciousness, have the person lie down with feet slightly elevated. Loosen any tight clothing. Then allow the person to rest for 10 or 15 minutes until normal blood flow is restored, and the person feels all right again.
- Check for breathing
 - Administer CPR if necessary
 - Call emergency if more than a few minutes
 - If conscious, lay the victim down with feet elevated

Epileptic Seizures

- Remove victim from hazards
- Check for breathing
- Nothing in the mouth
- Keep comfortable
- Call emergency if medical assistance is needed



A person having an epileptic seizure may fall to the ground and have convulsions. If a person appears to be having a seizure:

Remove victim from any dangerous objects or hazardous situations;

Check for breathing;

Don't put anything in the victim's mouth;

Try to keep the person as comfortable as possible; *and*

Call for emergency medical assistance if the seizure lasts more than 5 minutes without signs of slowing down, if the person has trouble breathing afterwards, or if the person is in pain or other injury is present.



KEY POINTS

To Remember

- Medical emergencies can happen anytime.
- Act quickly, calmly, and correctly.