

EMERGENCY FIRST AID

3 KEY THINGS TO REMEMBER WHEN FACED WITH AN EMERGENCY SITUATION

1. Immediately call 911 for medical assistance.
2. Quickly stabilize the injury using calm and correct first aid.
3. Never move the patient unless it simply cannot be avoided. Do so carefully.

CHEMICAL OVEREXPOSURE

If the victim has been splashed by a poisonous substance, or has inhaled or ingested a chemical:

SKIN CONTACT: Flush with water for 15 minutes.

INHALATION: Move the victim to fresh air and give artificial respiration or CPR if necessary. Seek medical attention immediately.

INGESTION: Follow MSDS instructions and call the local poison control center. Seek medical attention immediately. Never give fluids to an unconscious person.

There can be EXTREMES TO INJURY PROCEDURES:

1. Control blood and the victim's breathing, and get medical advice.
2. Before any emergency check the victim's responsiveness or if it's safe.
3. Be careful not to contaminate yourself while administering first aid.
4. Find the phone number of the poison control center at each plant.

ELECTRICAL SHOCK

Do not touch a person who may be in contact with a live electrical current.



Turn off the power at the main switch or fuse.

If you must remove a person from a live wire, be very careful. Don't use anything that is metal, wet, or damp. Push the person with a dry stick or board.

Once victim is free, check for heartbeat and breathing, and give artificial respiration or CPR as necessary.

BURNS

If the victim is on fire, stop the burning by rolling them on the ground. Douse them with water, or smother the flames with a coat, rug, or blanket.

• Cut away any loose clothing, but do not remove any clothing that is stuck on the body.

• First, on second degree burns only, be prepared to cool with cool water. Do not immerse the burned area in the injured area. Do not break any blisters.

• Do not use ice, oil, or ointment on the burn.

• After washing first or second degree burn, cover the burned area with a moist, sterile dressing.

• Do not use any ointment or cream on the burn.

• Seek medical attention immediately.

1. Cover exposed burn with a moist, sterile dressing.

2. Do not use any ointment or cream on the burn.

3. Seek medical attention immediately.

CHEMICAL IN EYES

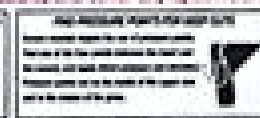
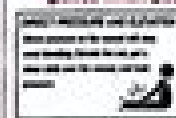
FLUSH WITH WATER IMMEDIATELY FOR AT LEAST 15 MINUTES. Do not attempt to remove an object from the eye. Wait for medical help, and let them remove it.



After the eyes have been rinsed thoroughly, close both eyes, cover with a clean cloth, and seek medical attention immediately.

SEVERE BLEEDING

You must stop the flow until help arrives. A caregiver working alone must stop the bleeding before calling for medical help. Wear protective gloves when possible, and cover any open wound you may have.



CPR

IT'S AS EASY AS C-A-B



Compressions: Push hard and fast on the center of the victim's chest.

Airway: Tilt the victim's head back and lift the chin to open the airway.

Breathing: Give mouth-to-mouth two breaths.

ADMINISTERING CPR

1. Call 911, or ask someone else to do it for you.
2. Shout and tap "or gently shake" the victim's shoulder to get the victim to respond. If there is no response, roll the person onto their back.
3. Begin chest compressions by placing the heel of your hands in the middle of the victim's chest. Place your other hand on top of the first, interlocking your fingers.
4. Push down hard enough to compress the chest at least 2 inches in adults and children, and 1.5 inches in infants. One hundred compressions per minute (or even a little faster) is the optimal speed.
5. If you have been trained in CPR, you can now open the victim's airway by tilting the head and lifting the chin.
6. Push closed the victim's nose, take a normal breath and cover the mouth of the victim with yours to create an air-tight seal. Give two 1-second breaths so you watch for the chest to rise.
7. Continue with the cycle of compressions and breaths (30 compressions and 2 breaths) until assistance arrives.



BROKEN BONES

Do not move a person who may have broken bones unless absolutely necessary. Tell the victim not to move. Neck or back injuries could cause paralysis or death.

HEIMLICH MANEUVER

Position yourself behind the victim, and wrap your arms around their waist. Place a fist (with thumb side up) below the ribs but above the navel. With your other hand, grab your fist and use sharp, inward-upward thrusts to dislodge the object stuck in the airway. Repeat as needed.



TRAUMATIC SHOCK

A seriously injured person may go into shock, and shock can kill. ASSURE THAT YOUR VICTIM WILL GO INTO SHOCK. After that all has been given and help is on the way, treat for shock.

1. Lay the victim down flat, and lightly cover them.
2. Place the feet above the level of the head.
3. Check after the victim is still breathing.
4. Do not give the victim anything to drink.

EPILEPTIC SEIZURE

Do not attempt to control convulsive movements. Move away furniture or any nearby objects that might cause injury. Do not put anything into the victim's mouth. Keep people away from the victim. After the seizure ends, the victim may still be confused and disoriented. Make sure they have recovered fully, and obtain further medical aid if necessary.

ANAPHYLACTIC SHOCK

Anaphylactic shock can be deadly and is the result of a severe allergic reaction to a sting, insect bite, or certain types of food. Watch for symptoms that include breaking out in hives, swelling of the throat, or overall weakness. Call for medical assistance immediately. See if the victim has their own medicine. Artificial respiration may be required.

HEAT STROKE

Heat stroke is life-threatening. Body temperature soars, and the skin becomes hot, red, and dry. Extreme fatigue can occur. Call an ambulance immediately, then attempt to cool the victim down by dousing them in large quantities of cool water. Wrap the victim's body in cold wet towels, and watch for loss of consciousness.



HEART ATTACK TIME IS CRITICAL



Symptoms of a heart attack include: shortness of breath or difficulty breathing; pain and/or pressure in the center of the chest; jaw and back pain; or pain that radiates down the left arm; cold sweat; nausea; vomiting or light-headedness.

If you experience any one of these symptoms, go immediately to the nearest emergency room, or call 911 and sit or lie down until medical aid arrives.



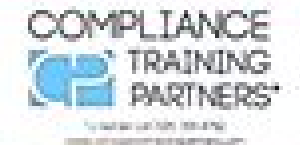
Automated external defibrillators (AEDs) are life-saving heart devices. Know the location of any AEDs your company may have and who is trained to operate one. Never attempt to use an AED if you have not been trained to do so.

EMERGENCY TELEPHONE NUMBERS

CALL 911

In an EMERGENCY CHEMICAL situation, call CHEMTREC at 1-800-424-9300.

For non-emergency chemical information, call the USOC National Response Center at 1-800-424-8802.



Alliance First Aid Guide

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