PLAYING IT
SAFE

First Aid for Cuts and Puncture Wounds

Helpful tips for reducing your risk of injury at work

Cut and puncture wound hazards are present in almost every workplace. If you suffer a cut or puncture wound, there are crucial first steps you need to take in order to prevent infection or further injury.

First, notify your supervisor immediately if you get cut at work. Take the injury seriously and stay calm.

Next, follow these tips to ensure you're practicing the proper first aid for a cut or puncture wound:

- Clean the wound with cool water.
- Gently wash the area around the wound with soap and water.
- To stop bleeding, apply gentle pressure to the wound with clean gauze, cotton or another absorbent material.
- If the wound is on an arm or leg, raise it above your heart to help slow the bleeding.
- Apply antibacterial ointment and a clean bandage that will not stick to the wound when the bleeding has stopped.

When to Seek Medical Attention
According to the National Institutes of Health (NIH), you should seek medical attention if the wound:

- Is large or deep, even if the bleeding is not severe
- Is more than a quarter inch deep, is on your face or is reaching the bone
- Was caused by a rusty object

- Shows signs of infection, such as redness beyond the edge of the wound, swelling, warmth or pus drainage

You should seek medical attention if you have not had a tetanus shot within the last 10 years.

You should also seek medical attention if you have debris or a long or deeply stuck object in your wound. Do not try to remove these things on your own.

First Aid Don'ts
NIH also recommends specific things you should NOT do if you suffer a cut or puncture wound. Do not:

- Assume that a minor wound is clean because you can't see dirt or debris in it. You should always wash a wound.
- Breathe on an open wound.
- Try to clean a major wound, especially after the bleeding is under control.

If you suffer a cut or puncture wound on the job at Peabody Insurance, we want you to be taken care of properly. Take all injuries seriously and always tell your supervisor immediately.

Use Your Cutting Tools Correctly

Follow safe work practices and know how to use your tools properly. Always use the correct tool for the job and inspect, maintain and replace tools when necessary.

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