

SafetySpotlight

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FIRST AID BASICS

Tips for helping others

Brushing up on first aid basics will help you be prepared in the event of an unexpected workplace accident. Use these first aid tips to help injured co-workers until medical personnel arrive:

- **Bleeding:** Have the injured person lie down and place direct pressure on the wound with a sterile pad or clean cloth. If the cloth becomes saturated with blood, keep adding more cloth and continue with direct pressure until help arrives.
- **Chemicals in the eye:** Have the injured person lie down with his or her head to one side. Then, hold open the eyes, pouring at least one quart of water into the eye so it runs across the surface and flows to the other side.
- **Foreign particle in the eye:** Have the injured person lie flat and place a sterile pad over the affected eye. Bandage it in place until medical personnel arrives.
- **Shock:** Accident victims can go into shock easily. If they appear weak and confused, or have pale and cold skin, have the injured person lie down, feet elevated. Then, raise the head (unless they have a head or chest injury), and cover them with a blanket.

ELECTRICITY

Dangerous at any level

There can be on-the-job electrical hazards in almost any occupation. Even if there is only limited or low-voltage exposure, there is still a chance for severe injury. When using electric tools and appliances, remember these safety guidelines to avoid electric shocks:

- Never use electric tools while standing on wet or damp surfaces.
- Do not attempt to fix electrical devices while they are plugged in.
- Do not use tools that are damaged. For example, tools that have defective or broken insulation on the cord, improper or poorly-made connections to terminals, broken plugs, loose or broken switches, and sparking brushes can all be a safety hazard.
- Never remove cords from a socket by pulling from a distance; always remove at the point of connection. Also, never carry tools by their power cords.
- Never use portable electronic tools in the presence of flammable vapors or gases, unless they are designed for such use.
- Only use tools that are properly grounded.



Did You Know?

When a fuse is blown or a breaker trips, determine the cause before replacing or resetting it. These situations are signs that the energy demand on a certain circuit is too high and could even be at a hazardous level.