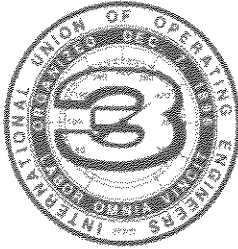

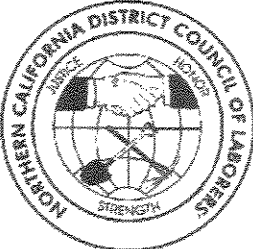


# First Aid

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## First Aid & CPR

First aid is the initial care for an illness or injury. It is usually performed by a non-expert person to a sick or injured person until real medical treatment can be accessed. It generally consists of a series of simple and in some cases, potentially life-saving techniques that an individual can be trained to perform with minimal equipment.

There are several organizations that train provide First Aid/CPR/AED certification meeting OSHA guidelines. It's generally required if you are a designated emergency responder; it can also be helpful outside work,

Certified first aid providers are qualified to take

charge of the scene of the injury/illness: this person will delegate things like calling 911; standing by to meet EMTs and bringing them to the site; assisting with compressions if necessary; relaying instructions from 911 operators. When emergency responders arrive, this person may step down.



## Minimum Level of Care

First aid is the minimum level of care provided. It is a little more sophisticated than applying a band-aid, but a well-stocked first aid kit will include everything from band aids to slings to possibly an AED. If your First Aid certification does not extend through AED, do not feel pressured to use it. Call 911.

## Who's Certified?

This is a good opportunity to identify anyone with basic first aid training. Are you Certified? Who on **YOUR** crew is certified?

## ABCs of First Aid

Airway - Tilt Head Back to Clear the Airway

Breathing - Check for Breathing

Compressions - Chest Compressions for the Heart and Lungs.

## FIRST AID KIT CONTENTS

- First aid manual
- Emergency telephone numbers
- Antibiotic ointment
- Bandages and gauze of assorted sizes and roller gauze bandages
- CPR barrier devices
- Medical exam gloves
- Elastic wraps
- Adhesive tape
- Antiseptic wipes
- Cold packs for icing injuries
- Thermometer, tweezers and small scissors