

## **MEDICAL TREATMENT OF WORK-RELATED INJURIES/ILLNESSES**

### **EMERGENCY PHONE NUMBERS**

To Report Claims/New Injuries: 1-877-647-4545

Poison Control: 1-800-222-1222

Fire-Rescue: 911

Police: 911

GSA: 305-329-4850

AmeriSys: 1-800-338-0476

Gallagher Bassett: 1-800-473-9009



### **FIRST AID TREATMENT IN THE FIELD OR OFFICE—SUPERFICIAL INJURIES**

1. Superficial injuries such as minor cuts, bruises, small punctures, scratches, etc., may be treated in the field or office when a first aid kit is available and the injured employee chooses to apply his/her own first aid. Make sure to use personal protective equipment such as gloves to prevent blood or body fluid exposure.
2. In addition, the employee shall:
  - a. Inform the supervisor;
  - b. If you are a supervisor, indicate usage of a First Aid Kit on the accident report form; and,
  - c. Provide details for the completion of the accident report.

NOTE: A first aid kit is not intended to be a substitute for medical attention.

### **FIRST AID INSTRUCTIONS**

In all cases requiring emergency medical treatment, immediately call or have a co-worker call 911 to request Emergency Medical Assistance.



### **WOUNDS (USE GLOVES TO PROTECT AGAINST A BLOOD/BODY FLUID EXPOSURE).**

Minor: Cuts, lacerations, abrasions or punctures -

- Wash the wound using soap and water; rinse it well.
- Cover the wound using a clean dressing.

Major: Large, deep and bleeding -

- Stop the bleeding by pressing directly on the wound, using a bandage or cloth.
- Keep pressure on the wound until medical help arrives.

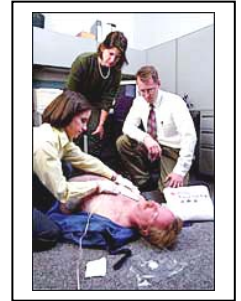
## **BROKEN BONES**

- Do not move the injured/wounded employee unless it is absolutely necessary. If employee must be moved, “splint” the injured area. Use a board, cardboard, or rolled newspaper as a splint. Immediately call or have a co-worker call 911 to request Emergency Medical Assistance.

## **BURNS**

### Thermal (Heat)

- Rinse the burned area, without scrubbing it, and immerse it in cold water; do not use ice water.
- Blot dry the area and cover it using sterile gauze or a clean cloth.



### Chemical

- Flush the exposed area with cool water immediately for 15 to 20 minutes.

## **EYE INJURY**

### Small Particles

- Do not rub eyes.
- Use the corner of a soft, clean cloth to draw particles out or hold the eyelids open and flush the eyes continuously with water.



### Large or Stuck Particles

- If a particle is stuck in the eye, do not attempt to remove it.
- Cover both eyes with a bandage.

### Chemical

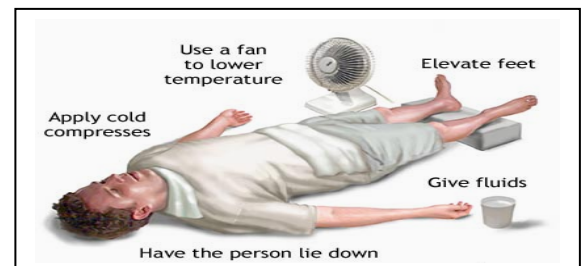
- Immediately irrigate the eyes and under the eyelids, with water, for 30 minutes.

## **NECK AND SPINE INJURY**

If the injured/wounded employee appears to have injured the neck or spine or is unable to move the arm(s) or leg(s), do not attempt to move him/her unless it is absolutely necessary. Immediately call or have a co-worker call 911 to request Emergency Medical Assistance.

## **HEAT EXHAUSTION**

- Get the person out of the sun. Loosen the employee's tight clothing.
- Make employee lie down in a cooler place with the feet raised.
- Fan the person or apply cool water to the person's body to lower the temperature.





- Give the person electrolyte beverages, like Gatorade, or small sips of salt water.
- Do not give any drugs, alcohol or caffeine to the person.
- Watch the person closely. If the person's condition does not improve in a little while, call a doctor or 911 Emergency.

