

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.

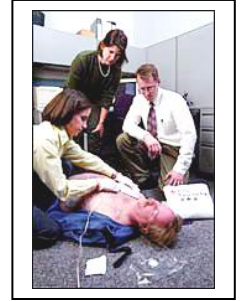
BROKEN BONES

- 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.

