

# WEEKLY SAFETY MEETING

FOR THE CONSTRUCTION INDUSTRY

SAFETY MEETING OUTLINES

Box 700, Frankfort, IL 60423

815-464-0200

Vol. 22

No. 20

Week of 05/17/2021

Company Name \_\_\_\_\_ Job Name \_\_\_\_\_ Date \_\_\_\_\_

## FIRST AID

Proper first aid response in an emergency may mean the difference between rapid recovery and long hospitalization, or even the difference between life and death. Today's safety meeting discusses the preventative measures and immediate actions that should be taken to ensure that an injured person is treated quickly and effectively.

There are several things you can and should do to prepare for an emergency. Be sure you know where the first aid kit is kept. Check it regularly and restock it after each emergency. Post emergency telephone numbers and the worksite address next to all telephones. Keep access roadways clear for emergency vehicles.

Consider signing up for an American Red Cross first aid course or an American Heart Association CPR course. If your first aid skills are a little rusty, make it a point to sign up for a refresher course. At least one person on the site should be designated as the first-aid responder. This person should have formal first aid training.

When an emergency occurs, take prompt action. If you are trained in first aid, proceed according to your training. If not, there are still ways you can help. There are numerous types of accidents, sudden illnesses, or natural disasters that can occur. The appropriate response will vary depending on the type of emergency, but some general advice follows:

- + Stay calm; this will give the victim confidence and reduce fear. Use the person's name if you know it.
- + Keep the victim still unless the person is in immediate danger; if possible, have someone stay with him or her.
- + Call for police, ambulance, fire department, rescue squad, etc.
- + Never give liquids to an unconscious victim.
- + Check breathing; make sure the victim has an open airway; watch for changes in breathing and consciousness.
- + Know how to get to the nearest urgent care center or emergency room.

Remember that accidents can happen anywhere, anytime — at work, at home, on a plane, in a restaurant — your first aid skills could make the difference between life and death. Plan now to acquire the knowledge and skills to respond correctly in an emergency situation, and to enable you to save a life or at least decrease the damage done.

### Plan for accidents at home too.

#### SAFETY REMINDER

Determine escape routes from your home.  
Teach children how and when to call 911.

Special Topics For Your Project \_\_\_\_\_

Employee Safety Recommendations \_\_\_\_\_

Reviewed MSDS # \_\_\_\_\_ Subject \_\_\_\_\_

Meeting Attended By \_\_\_\_\_

Supervisor's Signature \_\_\_\_\_