

WEEKLY SAFETY MEETING

FOR THE CONSTRUCTION INDUSTRY

SAFETY MEETING OUTLINES Box 700, Frankfort, IL 60423 815-464-0200 No. 11 Vol. 21 Week of 3/13/2023

Company Name _____ Job Name _____ Date _____

FIRST RESPONSE AND CPR

If you come across someone you believe may be injured, stay calm and don't panic. The most helpful thing you can do is to initiate a first aid response by following these steps. First, check the area before you approach to ensure that you won't be in any danger. Second, check for responsiveness by asking in a loud voice if the victim is all right, using the person's name if you know it. Third, call for professional assistance according to the procedure for your jobsite.

Know your ABC's. In general you will check to see if the Airway is obstructed, check for Breathing, and check to see if there is Circulation. If the victim is not lying face up, and you do not suspect a back injury, gently roll the victim over. Clear the mouth with two fingers using a sweeping motion. If you cannot remove the obstruction in this fashion, use the Heimlich maneuver.

If the victim is not breathing and the airway is not obstructed, begin **Artificial Respiration**. Open the airway by lifting the chin with one hand and pressing down with the other on the forehead to roll the head back. **Look, listen and feel.** Place your ear next to the victim's mouth; listen and feel for breathing while watching to see whether the chest rises and falls. If the victim is not breathing, pinch the nose and give two full breaths, covering the victim's mouth entirely. Repeat one breath every five seconds until breathing resumes or professional help takes over.

Check the victim for a pulse after the initial two breaths. If there is no pulse, the victim needs **cardiopulmonary resuscitation (CPR)**. CPR should be administered by a trained individual. Take time now to find out who in your crew is trained in CPR. The person administering CPR locates the correct position on the breastbone, places one hand on the other, interlaces the fingers, and uses the heel of the lower hand to give compressions. For an average adult, it is customary to give 15 compressions followed by two breaths. The procedure must be modified for children, pregnant women and overweight individuals, and thus is best performed by a trained individual.

CPR can save lives if administered properly and immediately. Be sure you know how to perform CPR! You can get training from the American Red Cross, the National Safety Council, the American Heart Association, a local rescue squad or fire station, or at a local school.

SAFETY REMINDER

Remember, CPR training should be repeated annually.

Special Topics For Your Project _____

Employee Safety Recommendations _____

Reviewed MSDS # _____ Subject _____

Meeting Attended By _____

Supervisor's Signature _____