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## SERIOUS INJURIES

At our safety meetings we stress accident prevention. And we try to follow through on the job. But accidents sometimes occur despite all of our efforts.

### HELPING A VICTIM MAY DO MORE HARM THAN GOOD

We all are inclined to lend a helping hand when we see a fellow worker injured and suffering. We want to ease the pain and do whatever else we can to aid in the emergency. And this is to our credit.

But in some cases, we can do more harm than good. Often, it is better to let an injured person alone until professional or trained help arrives.

### TRAINED FIRST AID PERSONNEL OFTEN CLOSE AT HAND

Many workers have taken first-aid training courses, and one of them is usually close at hand. If so, follow that person's directions.

### REMEMBER THIS IMPORTANT RULE

For those of you who have had no training in first aid, remember this rule:

"Do not move an injured person or try to get that person to stand."

### GET HELP

A good rule to follow when there is an injury is that unless you know what to do, get help. This applies in all cases of serious falls, collisions, crushing injuries, and severe blows by heavy objects or vehicles.

Always consider the possibility of injury, even when there is no outward evidence. Curb your natural tendency to try to get injured persons on their feet.

Make the victim as comfortable as you can with the least possible movement. Then let that person alone until trained help arrives. Persuade the victim to stay down and not get up.

#### IN CASE OF BLEEDING

In case of bleeding you can help by doing something to stop the flow of blood.

The best way to stop bleeding is to press a clean handkerchief or cloth tightly over the bleeding area. Pressure causes the flow of blood to slow down or stop and allows clotting to take place.

In some instances of severe bleeding, or in those cases where the blood cannot be controlled by pressure alone, a tourniquet may be necessary to control excessive blood loss adequately.

An improperly used tourniquet, however, may cause permanent injury or lead to amputation.