

The priorities of first aid are to; save life, prevent casualty's condition from getting worse and to seek medical help as soon as possible. If you know basic first aid, you could save a life. As an employee, you are not required to provide first aid if you are not comfortable.

### **Before First Aid is Required**

- Each employer must have available at all worksites, where a crew is present, a person or persons holding a valid first-aid certificate
- All crew leaders, supervisors or persons in direct charge of one or more employees must have a valid first-aid certificate
- Ensure that the first aid kit is stocked and suitable for the types of injuries that occur in construction
- Know where the first aid kit is kept
- Know who the first aid responder and appointed persons are at the job
- In the event of an injury due a hazardous chemical, know what the SDS indicates for treatment measures
- Know and understand the procedure for calling the emergency services
- Know the address of where you are working

### **When First Aid is Required**

- Remove the worker from the hazard, if safe to do so
- Call for help 911. Don't assume someone else already called
- If necessary, send someone to phone for an ambulance
- Do not move the worker unless they are in immediate danger
- Remain with the worker and give reassurance
- Make the worker as comfortable as possible
- Do not allow worker to smoke

### **Other Considerations**

If you take something out of the First Aid Kit, let someone know or replace it  
**REMEMBER IF YOU KNOW FIRST-AID YOU COULD SAVE A LIFE.**

### **Questions for Discussion**

- What should you do until emergency responders arrive?
- What should you know before an emergency arises?

### **Presenter tips**

- Pre-read the Toolbox Talk. Your comfort level and confidence will be higher if you know your topic.
- Discuss related tasks, work areas or events that make the Toolbox Talk relevant to your job site.
- Involve the workers by asking questions and input that drives discussion.