



San Diego Services

MAR WEEK 1

First Aid for Eye Injuries

The eye is a very sensitive organ. An injury can be extremely painful, and the loss of sight due to an eye injury is tragic. A stray spark, a piece of metal or a chemical splash can cause a serious injury. As with other injuries, it is easier to prevent them than to treat them. The key to preventing eye injuries is to always wear the right form of eye protection. Any first aid treatment should be given with the utmost caution to prevent infection or impaired vision, and to avoid further damage to delicate eye tissues. First aid techniques for some of the most common eye injuries encountered in construction follow below.

Chemical burns—The longer a chemical remains in the eye, the more severe the burn will be. The eye must be flushed immediately and thoroughly with clean water. Hold the eye open, pour water into the inner corner of the eye and allow it to spread over the eyeball and under the eyelids. The best solution is to use an eyewash station. Flush for 15 minutes and call a doctor.

Flash burns—Apply cold compresses for temporary relief and see a doctor.

Blunt impact injuries—A blow to the eye area may cause a black eye. Immediately apply an ice pack or cold compress. If there is any swelling, bleeding, loss of vision or loss of consciousness seek medical assistance.

Eye irritants—Getting something in your eye can be merely irritating or quite painful. Dust or dirt may not injure the eye, but a sliver of glass or metal can damage the cornea. Gently flush with clean water or sterile eyewash. As you wash, lift the upper eyelid and roll the eyeball. Seek medical attention if irritation persists or vision problems occur.

Penetration injuries—An injury in which an object penetrates the eye is serious. Do not attempt to remove the object from the eye. Protect the injured area (a paper cup works well) to prevent the object from being driven further into the eye. Cover the undamaged eye with a patch to prevent it from causing sympathetic movement of the damaged eye. Seek medical treatment immediately.

The next time you have an opportunity to participate in a first aid class, learn all you can about first aid for eye injuries. You never know when you'll need to use it.

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SAFETY REMINDER
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Don't forget eye protection off the job.

Wear eye protection when mowing, using saws, painting and even for sports.

NOTES:

SPECIAL TOPICS /EMPLOYEE SAFETY RECOMMENDATIONS/NOTES:

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REVIEWED MSDS #

SUBJECT:

MEETING DOCUMENTATION:

JOB NAME:

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Safety Training for the Construction Industry

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MAR WEEK 2

It's Just a Little Cut!

"It's just a little cut!" That may be, but it means that there is an opening in your skin where bacteria and viruses can enter. Your skin is your largest organ, designed to keep out anything foreign to your body. Any break in your skin should be treated seriously. Of course, prevention is the best cure for cuts. If you don't get cut, then you don't need to worry. However, in the real world, cuts and scrapes occur on a regular basis. Many times you don't even realize you've been cut until you see it. Other times you know immediately since the wound hurts. Pain is a good indicator that something has happened.

Once you have had an injury treated, your job is not over. Depending on the instructions of the doctor or first-aider, you may need to change the dressing or bandage regularly. In all cases, you need to keep an eye on the healing process to make sure infection does not set in. A small cut can turn into an ugly wound if it becomes infected. How will you know if you have an infected cut? Your body will tell you... just watch for symptoms like swelling, redness, heat around the sore, pus, fever or the appearance of red streaks around the wound. If you see any of these symptoms, notify your supervisor or safety representative and get the wound treated by a medical professional, preferably one who knows about job-related injuries.

There's no difference between a cut you get on the job and one you get at home—they both require prompt attention. Keep an eye on your children, too. When they get bumps, cuts and scrapes be sure to clean and dress the wounds. A cut neglected can mean a wound infected!

Bacteria and viruses are present everywhere; some are harmless but many will make you ill. When you get cut, don't wait; treat the wound. First aid kits are provided on every job. You can typically find them in an office, tool trailer or in a company vehicle. Make sure you know where they are stored. Remember that tiny cuts, bumps and bruises can become infected if not treated quickly and properly. Cuts happen frequently—all it takes is one slip of the hand, one wrong move or just handling materials improperly. Whenever you get cut seek medical attention promptly. Make time to take a course so you'll be able to provide first aid treatment when needed.

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SAFETY REMINDER
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Let someone know if supplies get low!

If it is your responsibility, keep first aid kits fully stocked.

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MAR WEEK 3

Bloodborne Pathogens

When you administer first aid to an injured co-worker, your first thoughts are about helping him, but you should always take precautions to protect yourself against health hazards from exposure to blood and other potentially infectious body fluids. The risk of exposure to human immunodeficiency virus (HIV—the virus that causes AIDS), hepatitis B (HBV), and hepatitis C (HCV) is present anytime you are exposed to infected body fluids. You could be exposed if you provide first aid to an injured co-worker or when you help to clean up any blood after an accident, a nosebleed, or even a minor cut.

Bloodborne pathogens can be transmitted when contaminated blood or other infectious body fluids come in contact with mucous membranes in your eyes, nose, and mouth or with broken skin due to cuts, abrasions, burns, paper cuts, or rashes.

Your safest bet is to remember and practice “Universal Precautions” designed to prevent transmission of bloodborne pathogens and to make sure you always use proper personal protective equipment. Here are a few key points to remember:

- Always treat all blood and body fluids as if they are infectious.
- Wear protective barriers such as disposable latex gloves, eye protection, and face shields.

- Avoid unprotected mouth-to-mouth resuscitation; use mechanical respiratory devices or pocket masks.

- Never touch surfaces or items soiled with blood.

If exposure or suspected exposure occurs:

- Wash your hands and the exposed area with soap and warm water.

- Flush your eyes, nose, mouth, or other exposed mucous membrane areas with water.

- Immediately report any possible exposure to your supervisor.

- Seek assistance and/or counseling from a healthcare professional.

In the process of saving a life with your first aid training, you don't want to risk permanently damaging your health. Protect yourself first and then confidently use your abilities to help when help is needed.

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SAFETY REMINDER

Don't be scared, be prepared.

Use universal precautions when you help out so your safety's never in doubt.

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MAR WEEK 4

Prompt Care Can Prevent Infection

Cuts, scrapes, and puncture wounds are a part of life. Even when you follow safe work practices, these minor injuries can occur on the job. No matter how careful you are, they also occur off the job, at home, and during vacation. Although we call these injuries "minor," they can become very serious if you don't seek prompt medical attention.

Don't neglect the little things: Many construction workers consider injuries such as burns, cuts, bruises, and punctures of so little importance, that they continue their work and don't bother to get first aid treatment. Actually, it's dangerous to neglect these seemingly minor injuries because they can become complicated by infection. The safe and sensible thing to do is to seek first aid for all injuries. It's no exaggeration to say that when scratches, small abrasions, and burns are uncared for or improperly treated, they can cause major health hazards.

Breaking the protective barrier: Your skin acts as a protective shield or barrier against germs, dirt, and bacteria on its surface. When the skin is broken, the barrier is down and germs swarm into the open wound to multiply and infect it. Once infection develops, unless properly treated, it can spread rapidly. Infection can cause severe pain, permanent disability—even death.

Signs of infection: Pain is often the first sign of infection. Others include inability or difficulty moving the affected part of the body, numbness, redness, swelling, and fever.

Should you suffer these symptoms, even after you have received medical attention, visit a healthcare professional immediately.

First Aid: First aid kits are provided on every job. They are usually located in the office or superintendent's trailer. The main thing to remember is that if you get hurt on or off the job, get the injury looked at by a trained medical professional. Taking the time to receive medical attention can mean the difference between healing and infection.

Beyond First Aid: Wounds that contain foreign materials such as wood splinters, glass, or other small fragments are much more likely to become infected. The longer the foreign material remains in the wound, the more likely it is that an infection will develop. Tetanus can also become a concern with deep wounds or puncture wounds. If you get a puncture wound and have not had a tetanus shot within the last five years, you may need one.

Most small wounds heal in a few days, but you don't want to take any chances with your health. When in doubt, get medical assistance.

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SAFETY REMINDER
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Victims of animal bites and insect stings should seek medical attention! Infections and serious allergic reactions may become life-threatening.

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