

THE SAFETY OBSERVER

Safety Information for Employees

MEDICAL RESPONSE

Medical emergencies occur when least expected. Because we do not always have trained medical professionals readily available, it is important for all employees to understand exactly how to act in one of these unexpected situations.

If you recognize a medical emergency, the first thing to do is to immediately call for medical help. As children, we all have learned that in any emergency we are to call 911. This is no different when at work, at home, or anywhere. All employees must understand that by calling 911, professionals on the other end know exactly what to ask to determine which kind of professional assistance is required. Valuable time can be wasted if you are looking for the local number - always contact 911 first.

Once communication has been made to 911, there will be other things you can do, and some things you shouldn't do, that can make a big difference to the victim while you're waiting for help to arrive.

Initial Response

1. Get professional medical help immediately – call 911. Do not hang up until they are done with the call.
2. Stay calm, don't panic - emotional support is necessary in keeping the victim calm and cooperative, and in efficiently assessing the situation.
3. Check for breathing – look, listen, and feel for signs of breathing.
4. Check for pulse – if a pulse cannot be detected, begin CPR if you are certified. If not, obtain assistance from someone who is certified in CPR.
5. Check for bleeding – if found, apply pressure and elevate injured limb.
6. Look for broken bones
7. Check for emergency medical identification on the victim
8. Loosen clothing – make sure any clothing that may complicate breathing or circulation is loosened.

Do not move the victim – unless the injured person is in a life-threatening situation. Keep them calm, quiet, and warm until help arrives.