

BASIC FIRST AID

Take a course in First Aid from your local Red Cross Chapter so that you will be prepared to handle an emergency, should it arise. The most important rule is not to panic. Keep calm and use your head. Follow these general guidelines:

- Keep the injured person lying down - do not move them.
- Do not give liquids to the unconscious.
- Control bleeding by pressing on the wound.
- Restart breathing with mouth-to-mouth artificial respiration (CPR).
- Dilute swallowed poisons.
- Keep broken bones from moving.
- Cover burns with thick layers of cloth.
- Keep heart-attack cases quiet.
- Fainting: keep head lower than heart.
- Cover eye injuries with gauze pad.
- **CALL FOR HELP!**



MEDICAL ACCIDENT PROCEDURE

If you are injured at work:

1. Tell your supervisor. Failure to report your accident may void or delay your medical insurance claim.
2. Go to your nearest hospital or clinic.
3. Tell the carrier that you are covered by worker's compensation insurance. They may check coverage by calling your supervisor.
4. Make sure your supervisor completes an accident report.



OCCUPATIONAL HEALTH & SAFETY

Directions: Answer the following questions by placing the most appropriate answer in the spaces provided.

1. In the space before each occupation, write the letter of the health or safety rule to match the workers in that occupation.

OCCUPATION

HEALTH OR SAFETY RULE

- | | |
|----------------------------------|---|
| _____ Auto Mechanic | A. Wear protective clothing when mixing and applying pesticides. |
| _____ Hair Stylist | B. Turn off the typewriter before changing ribbons. |
| _____ Office Worker | C. Never mix cleaning products containing chlorine and ammonia. |
| _____ Homemaker | D. Check the water temperature before washing the customer's hair. |
| _____ Grounds Maintenance Worker | E. Never jack up or lower a car while someone is working on it. |
| _____ Baker | F. Lift boxes and other heavy items using your legs, not your back. |
| _____ Warehouse Worker | G. Ensure that signs are posted after mopping floors if they are still wet. |
| _____ Custodial Assistant | H. Remove items from the oven or stovetop wearing oven mitts. |

2. Think about a specific career that you are interested in. List three health safety rules that a worker in that occupation should be careful to follow.

Occupation _____

A. _____

B. _____

C. _____



PLAYING SAFE

Directions: Complete the activity below by completing the information correctly and placing your answers in the spaces provided.

1. List five things you might do if you discover a safety hazard.

- _____
- _____
- _____
- _____
- _____

2. Each of the drawings below shows a safety rule being violated. In the space provided below, write the safety rules that the workers should be following.



a. _____



b. _____



c. _____



d. _____



e. _____



f. _____