



First Aid Safety Talk

1. Introduction (1-2 minutes)

Why It Matters:

Welcome everyone! Today's safety talk focuses on **First Aid** – a critical skill that can save lives in the event of an accident or emergency. Whether it's a minor cut, a burn, or something more serious like a heart attack, knowing how to respond properly can make a huge difference.

2. Key Safety Points (3-5 minutes)

Stay Calm and Assess the Situation

- **Do not panic:** Remaining calm is essential so you can think clearly and act quickly.
- **Check for immediate dangers:** Before rushing to help, ensure that the area is safe for both the injured person and yourself. Look out for electrical hazards, fire, or unstable objects.

Assess the Injury

- **Is the person conscious?:** Ask them if they are okay. A simple "Are you alright?" can help you gauge their level of consciousness.
- **Look for visible injuries:** Check if there's any obvious bleeding, broken bones, or other injuries.
- **Pain level:** Ask the injured person where it hurts and how much pain they're in.

Follow the ABCs of First Aid

- **A - Airway:** Ensure the person's airway is clear. If they're unconscious, gently tilt their head back and lift their chin to open the airway.
- **B - Breathing:** Check if they're breathing. Look, listen, and feel for breaths. If they're not breathing, call for emergency assistance or start CPR if trained.
- **C - Circulation:** Check for signs of circulation by looking for movement or feeling for a pulse.

3. Demonstration & Checklist (3-5 minutes)

- **Interactive Segment:** Invite questions and clarify any concerns.
 - Ask if anyone has had to use first aid before and encourage sharing of experiences or tips.
 - Explain where the first aid kit is located.
 - Open a first aid kit and demonstrate how to conduct a safety check for required items.
- **Basic Items** to have in every workplace first aid kit:
 - (1) Basic First Aid Guide
 - (1) 40" Triangle Bandage w/Safety Pins
 - (10) Sting Free Antiseptic Wound Wipes
 - (1) 1/2" x 2.5 yds Adhesive Tape
 - (4) 3" x 3" Individually Wrapped Sterile Gauze Pads
 - (2) Pair Non-latex Exam Gloves
 - (10) Triple Antibiotic Ointment, .5 gram packets
 - (12) Hydrogel Burn Gel, 1/8th oz packets
 - (1) 4" x 4" Sterile Hydrogel Burn Dressing
 - (50) 1" x 3" Sheer Strip Adhesive Bandages
 - (2) 5" x 9" Sterile ABD Pads
 - (1) 2" x 4.1 yds Rolled Gauze Bandage
 - (2) Pair Sterile Oval Eye Pads w/Adhesive Strips
 - (1) Sterile Eye Wash w/Screw Cap, 1 oz. bottle
 - (1) Kit Scissors
 - (1) Instant Ice Pack, Small
 - (10) Hand Sanitizer, 1/8th oz. packets
 - (1) CPR Face Shield
 - (1) Foil Blanket
 - (1) ANSI Z308.1-2021 Class A Kit Label



4. Conclusion (2 minute)



- **Summary:** First Aid is an essential skill that can save lives in emergencies. Remember the ABCs—Airway, Breathing, Circulation—and be familiar with common injuries and how to respond appropriately.
 - **Call to Action:** “Let’s all ensure we know where the first aid kits are located and how to use them.
 - **When to Call Emergency Services:**
 - Call 911 or local emergency services if the injury is life-threatening, or if you're unsure about the severity.
 - **Report Accidents:**
 - Always report any workplace injury, no matter how minor it seems, to your supervisor or EHS office for documentation and follow-up.
 - Ensure the injured person receives proper medical attention.
 - **Thank you:** "Thank you for your time and attention today. Safety is everyone’s responsibility. Stay alert, stay safe!"
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