



MSU-ES Dawg Tracks

April, 2015



*Safety Tips: How to
Perform First Aid*



We think that mishaps or incidents where first aid is needed may not occur in most of our extension settings. We hope and endeavor that this would always be the case. However, incidents can happen either in the county office areas or at some of the many livestock shows and other public attended events.

We have tried to have first aid/CPR certifications around the state and some have been well attended, but other were lacking in attendance. We have our own certified first aid/CPR instructor within the MSU-ES.MAFES divisions. We shall try to schedule some classes this year in the various districts. In the interim, this issue will show some of the basics of first aid that can be of help, if used. When an accident or incident occurs, immediate attention should be accorded the victim. It is also important for the attendant to this victim to remain calm as they begin to attend to the victim.

Act Quickly but Calmly:

- Working in office areas we are less likely to have a debilitating incident or accident, but it could happen.
- Extension sponsored events, like livestock shows and other public attended programs, are more likely to have an incident. The most common type of problem might be with grooming shears and maybe moving machinery. The following actions should be practiced in case of an accident:
 - ~Act quickly if a person is injured.
 - ~Even with your training, if there is a doubt of being able to administer the proper treatment, you should call the emergency medical services for help.
 - ~Stay calm- panicking will only make the situation worse.
 - ~Don't move the victim unless he or she is in immediate danger.
 - ~Be familiar with the location of first aid kits so that you will have easy access to one when needed.

Protect Yourself from Disease-

- **Avoid direct** contact with the victim's blood or other bodily fluids.
- Wear clean, disposable gloves (latex or nitrile) or place a barrier such as a clean cloth, towel or shirt between you and the victim's blood.
- Wash your hands with soap before administering first aid and also when you are finished.
- Cover any scrapes or open wounds on your hands with bandages or gloves.
- If you get exposed to the victim's blood, contact your supervisor and seek advice from a doctor.

KEY POINTS-

- ✓ **Knowing first aid may help you save someone's life.**
- ✓ **Don't move an injured person unless he is in immediate additional danger.**

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MAFES / MSU-ES
Excerpts: www.gemplers.com
1/12/2012

If the Victim is Bleeding-

- ✓ If the victim is cut and the bleeding is minor, clean the wound with soap and water. Use gauze- not cotton to clean it. Then bandage the cut with bandage or gauze and tape.
- ✓ For severe bleeding, follow these steps:
 - ~Call for professional help as soon as possible.
 - ~Cover the wound with a gauze pad and apply firm pressure.
 - ~Unless you suspect that there are broken bones, elevate the injured area above the victim's heart while you are applying pressure
 - ~If the bleeding doesn't stop, apply pressure to a nearby artery. In the arm, this is located inside the upper arm between the shoulder and the elbow. In the leg, it is on the crease at the front of the hip in the groin area.

Fractures and Broken Bones-

- ✓ Don't move the person unless he is in immediate additional danger.
- ✓ Call for emergency medical service for help as soon as possible.
- ✓ Keep the injured limb immobile. One way to do this is to place a small pillow or a folded blanket between the limb and the ground.

Severed Limbs-

- ✓ Serious accidents like getting entangled in a PTO shaft could mean the loss of an arm or leg or other body part.
- ✓ Follow these tips if this should happen:
 - ~Turn off the power if you can do it safely.
 - ~Call the emergency medical service for help. Administer CPR if the person isn't breathing, assuming that you know how to do CPR. If you don't know, immediately check the area for someone who does.
- ✓ Take steps to stop any external bleeding.
- ✓ Wrap the severed part on sterile gauze or a clean cloth. Then place it in a plastic bag. Place the bag, with the severed part on ice and take it with the victim to the hospital.

DO:

- **Know who to call for immediate emergency medical assistance.**
- **Stay calm when administering first aid.**
- **Know where and what is in the first aid kits.**

DON'T:

- **Touch objects that may be soiled with an injured person's blood.**
- **Eat, drink or touch your nose, mouth or eyes when giving first aid.**

***Don't be a fool. cause safety is cool.
So make that your rule!!***