



WHAT TO DO WHEN SOMEONE IS INJURED

The first rule of first aid is that if you don't know how to give it, don't try to. You may do more harm than good. It's important to know not only what to do, but also what NOT to do.

For instance, don't try to move an injured person unless the person is in imminent danger. Improper, and/or careless moving can increase the severity of an injury and even cause death. In case of a fracture or broken bone, it's often best to let the victim lie where he is until competent help arrives.

As an example of what to do if an accident occurs, let's take the situation where a man has come in contact with a live wire. The rescuer must exert extreme caution and care or he may lose his own life. If the current cannot be turned off, pull the wire away from the victim with a dry stick, dry rope, dry coat, or other nonconductor. Don't get too close. Stand on a dry surface. If they're handy, use heavy rubber gloves. Check for breathing and pulse. CPR may be needed. Remember that damp materials may conduct enough current to kill, and that high voltage will arc on damp days.

Of course, these are the big accidents. Most often you'll run up against smaller injuries - burns, nicks, cuts, and scratches. The danger here is in the fact that most men don't bother to get first aid for these minor injuries. But unless they are properly treated, these little injuries can develop into serious infection cases. Remember the old adage about a stitch in time. Work carefully - but if you do get hurt or someone else gets hurt, get expert attention as soon as you can. Time is often very important.

When any injury occurs - serious or minor - be sure that it receives the right kind of treatment, as early as possible.

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NOVEMBER - WEEK 4

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Organization: ELECTRICAL PROFESSIONAL SERVICES, INC.

Trainer: _____ Trainer's Signature: _____

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