1 Call for Help
1. First aid may be required. Call for help right away.
2. One person should stay with victim while another calls for help. If alone, call for help immediately.
3. When dialling emergency number, state that you need an ambulance. Provide your phone number, description of incident, condition of the victim, and exact location.
4. Have someone meet emergency team outside your workplace.

2 Dealing with Burns
1. Neutralise hazards before attending to victim.
2. For chemical burns, wash affected area with water. Ensure water does not carry chemical to unaffected parts. Read chemical container.
3. For non-chemical burns, immerse in cold, running water for 10 minutes.
4. Apply non-adhesive, non-fluffy dressing to affected area.
5. If required, get medical assistance.

3 Dealing with Bleeding
1. Wear gloves.
2. Have the victim sit down,
3. Carefully expose wound and check for foreign objects (do not remove).
4. Minimise bleeding by placing dressing over the wound and applying firm, direct pressure. Keep it elevated.
5. Victim might go into shock if lots of blood lost.
6. Make victim lie down and conserve their body heat. Reassure them throughout.

4 Dealing with Crush Injuries
1. Crush injuries result in damage to muscles and bones due to heavy objects. Toxins can also build up around injuries, causing complications.
2. Crush syndrome occurs when toxins circulate for more than 15 minutes.
3. If victim is crushed for less than 15 minutes, then you can remove the object right away.
4. Check if victim has suffered any injuries. Immobilise any part that has suffered a fracture.
5. Reassure victim and call for help.
6. If victim has been crushed for more than 15 minutes, you should not remove the objects. Call for medical assistance and give specific details about incident.

5 Fall Injuries
1. If you suspect that a victim has suffered a spinal injury because of a fall, do not move him. Call for help right away.
2. If a person suffered a head injury, he should be taken to a hospital immediately.
3. Check for signs of concussion such as vision impairment, drowsiness and confusion.
4. If the victim has suffered any fracture, instruct him to remain still, treat any wound, and then immobilise the part that was fractured. Call for help afterwards.

6 Dealing with Chemical Burns
1. Make sure that there is no danger to you before you respond.
2. Wear appropriate PPE.
3. Look for the data sheet of the chemical. Follow the instructions.
4. If burn injury was caused by chemicals, then it should be placed under running water for 20 minutes.
5. Make sure chemical does not reach unaffected areas.
6. Clothing that has been contaminated must be removed if it does not cling to the skin of affected area.
7. Take the victim to a hospital for treatment or await the arrival of the medical help.

IMPORTANT: This is a guide for giving first aid in a construction site. Such a workplace is very prone to accidents which can cause serious injuries and even fatalities. Follow the steps outlined here while waiting for professional medical assistance.

DISCLAIMER: The information in this poster is not a substitute for proper first aid training.

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