

# MOHSS

## Montana Occupational Health & Safety Surveillance

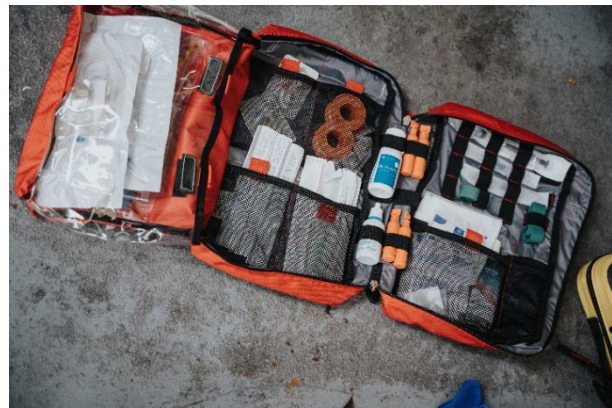
November 2023

### Workplace First Aid

Although NIOSH does not have a recommended safety topic for the month of November, the MOHSS program will be focusing on workplace first aid this month. Having a basic understanding of first aid is essential to workplace safety.

Below is a short list of things every employee should do to prepare for a potential health emergency.

1. Familiarize yourself with your Department/Building Emergency Action Plan (EAP). This document outlines where important first aid supplies are located. This equipment includes (but is not limited to) first aid kits and Automated External Defibrillators (AEDs).



1 Photo by Matt Napo on Unsplash

2. Speak with your safety officials about any changes that have been made to building organization and familiarize yourself with all the entry and exit points. Emergency responders need to know how to reach someone who is undergoing a medical emergency.

3. One of the most dangerous medical emergencies is when someone goes into cardiac arrest (heart attack). Knowing how to operate an AED properly could save a life. If an AED is not available, understanding basic CPR skills is crucial. If available, it is a good idea to participate in a CPR course even if it is only offered virtually. Talk to your colleagues and your supervisor about options for taking one of these classes. If you are not able to take a course, or one is not available, make an attempt to identify a coworker who is CPR certified and alert them in the case of an emergency. This is a detail that should be added to your EAP.

4. Excessive bleeding is another critical health emergency. Learn how to fasten a tourniquet and apply pressure to a wound.

[verywellhealth.com/basic-first-aid-procedures-1298578](https://www.verywellhealth.com/basic-first-aid-procedures-1298578)

[blogs.cdc.gov/publichealthmatters/tag/first-aid/](https://blogs.cdc.gov/publichealthmatters/tag/first-aid/)

Click the links above for tips on performing first aid. Be safe and we'll see you next month!