SAFETY FIRST

HELPING AN INJURED CO-WORKER

No matter the situation, if you encounter a person who has been injured in the workplace, there are some basic steps you should take before trying to help them.

Look out for danger.
Don't put yourself in danger, too. Pause and look at the scene and the victim before responding. If you cannot assist safely, wait for emergency services.

Look for the cause of injury.
The more you know about how your co-worker might have been injured, the more helpful you can be to medical professionals.

Do not move the injured co-worker.
Moving a victim could make injuries worse. Allow emergency responders to determine how to move them.

Call emergency services or 911.
Stay as calm as possible and answer all the questions the operator asks. Stay on the line unless the operator specifically instructs you to hang up.

It is important to stay current with training throughout the year. Follow the safety protocols your employer has set in place. If you have any questions about safety practices in your workplace, contact your supervisor to learn more.

For more #SWANAsafety info and resources visit SWANA.org/safety