

## Key messages

### When you may need first aid

There are lots of small accidents at home or at work which may need first aid, for example cuts when preparing food, burns from a hot cooker hob, scalds from boiling water, detergent splashed in the eye, an insect bite or wasp sting, or a sprained ankle as a result of slipping on some steps. Some things may not even have an obvious cause, like a nosebleed. Many of the resources in this topic focus on cuts, but use this as a springboard for discussing other types of injury.

### What you can do if you cut yourself

You should always follow the procedures set out by the employer. If it is a serious cut, get help immediately – from a qualified first aider if possible. If it is a minor cut, some employers recommend dealing with the cut first, then informing a first aider. To deal with a small cut:

#### Do ...

- ... press hard on the cut with your fingers. (This will help to stop the bleeding.)
- ... put it under cold water
- ... dry it and then put on a plaster from the first aid box
- ... fill in an accident report.

#### Do not ...

- ... leave the cut without treating it. (Germs could get in and infect it.)
- ... leave the cut uncovered. (Blood from the cut could make other people ill.)

### First aid boxes

Your first aid box at work should contain:

- wrapped sterile dressings
- wrapped bandages
- unmedicated wound dressings
- a pair of disposable gloves.

Your first aid box at work should **not** contain:

- medicines
- tablets
- scissors (or any sharp objects).

The first aid box should be green and marked with a white cross. In any organisation there should also be at least one person with some first aid training.

#### Did you know ... ?

- ... for some injuries, it is dangerous to try to move the casualty.
- ... if there is an accident, call the first aider immediately.
- ... one of the best things you can do for a casualty is to reassure him or her that help is on the way.