

May 24, 2021 LeeCARES Net Training: First Aid

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This is KI5ABB. Tonight's training is on First Aid.

As we begin our summer, we have a lot to look forward to. We most likely have lots of projects to tackle in our personal lives along with our ARES exercises and events. It may not seem like much but nothing is without risk and injuries can occur when we least expect it. From minor cuts and scrapes to something much worse, it is always wise to be prepared.

Afterall, we are training to be prepared for the worst-case scenarios so first aid needs to be second nature. Here are a few things to keep in mind regarding first aid.

Before first aid is required.

1. Be sure you know where the first aid kit is kept.
2. Know who is available to provide first aid.
3. Make certain you have a small first aid kit to keep with you as you move from place to place. Keep one close by if you are using potentially dangerous tools or machinery.
4. Keep your phone close by and have phone numbers for emergency services saved and quickly accessible.

When first aid is required.

1. Move away from the danger if it can be done safely.
2. Call for help if someone is nearby.
3. Send someone to phone for an ambulance if necessary. Use a hands-free option to call if you need to make the call yourself. This will allow you to continue to provide first aid.
4. Do not move an injured person unless they are in immediate danger.
5. Remain with the injured and keep them as comfortable as possible.

Basic first aid may save a life.

1 Do you know how to perform CPR?

2 Do you know how to stop major bleeding?

3 Do you know how to treat scolds, burns and shock?

If you do not, you need to think about first-aid training.

Other considerations

1. Perform annual checks for restocking first aid kits.
2. Make certain the first aid equipment provided is appropriate for the nature of the work and the number of people present.
3. First aid kits should be easy to identify.
4. First aid kits need to be easy to access and easy to open (at least with one hand).

REMEMBER: IF YOU KNOW FIRST AID YOU COULD SAVE A LIFE. And it could be your own.

This concludes tonight's training. This KI5ABB. Back to Net Control.