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FIRST AID

A microbe too small to see without the most powerful microscope can be large enough to kill the strongest and most healthy of us. What seems to be a very minor cut, small burn, or tiny splinter usually does not require professional medical care. But it does need first-aid treatment. Infections can develop in an open wound. The splinter, or the thing that cut you, may be contaminated. Infections can develop quickly. But you can very easily prevent them with a little bit of care.

Prompt attention to injuries like cuts, burns and bruises, with cleaning, disinfecting, and covering, will usually take very little of your time, but might save you a lot of time and suffering. Take care of them right away.

If you have received an injury, no matter how small, it may mean that we need to change something:

1. A tool or piece of equipment may need to be replaced or modified;
2. The way we store something might need to be changed;
3. It may be time to change the way we do something.

By telling management, and by getting first aid, you may help your fellow employees and the entire organization, as well as yourself.

If everyone in the workplace is not trained in basic first aid (and cardiopulmonary resuscitation), watch for the training sessions your local hospital or rescue squad offer, and get the training.