



MAFES Dawg Tracks

August 24, 2015



Know How to Perform
First Aid



Utopia is in MAFES and in other walks of university life, but also life in general is that we never have an injury and no one else ever has one. But we all know and realize that no matter how much we “preach safety” through all of our channels of communication to emphasize the importance of safety, at some time when we least expect it, an incident or accident will happen. Now, if you have been certified in our MAFES First Aid class or use this edition of “Dawg Tracks,” you probably could help out that injured person.

Following are some tips to help you in administering first aid:

ACT QUICKLY BUT CALMLY-

- Working on farms, orchards, nurseries or in greenhouses exposes us to many dangers.
- The injuries can range from being caught in moving machinery to being cut by sharp pruning shears, falling from a combine or getting a foot caught under a disc blade.
- All of the above are good enough reasons to know first aid.

Following are some basics:

- Act quickly when a person has been injured.
- Call the emergency medical services if the situation appears serious.
- Stay calm! Panicking will only make the situation worse.
- Don't move an injured person unless he is immediate danger.
- Know where the emergency first aid kits are located.

PROTECT YOURSELF FROM DISEASE-

- Avoid direct contact with an injured person's blood or other body fluids.
- Wear clean, disposable gloves such as latex or nitrile or place a barrier such as a clean cloth, towel or shirt between yourself and the injured person's blood.

- Cover any scrapes or cuts on your hands with bandages or gloves.
- Notify your supervisor and get a doctor's advice if you are exposed to another person's blood.

WHEN A CO-WORKER IS BLEEDING-

- If the person is cut and the bleeding is minor, clean the wound with soap and water. Use gauze- not cotton- for cleaning, Then bandage the cut with bandages or gauze and tape.
- Wash your hands with soap and water before administering first aid when you are finished.
- Cover any scrapes or cuts on your hands with bandages or gloves.
 - ~ Call for professional help as soon as possible.
 - ~ Clean the wound with a clean gauze pad and press down firmly.
 - ~ Unless you suspect broken bones, elevate the injured area above the level of the person's heart while you are applying pressure.
- If the bleeding doesn't stop, apply pressure to a nearby artery in the arm, this is located inside the upper arm between the shoulder and the elbow. In the leg, it's on the crease at the front of the hip in the groin area.

FRACTURED AND BROKEN BONES-

- ✓ Don't move the person unless he is in immediate additional danger.
- ✓ Call the emergency medical services as soon as possible.
- ✓ Keep the injured limb immobilized. One way to do this is to place a pillow or folded blanket between the injured limb and the ground.

SEVERED LIMBS-

- ✓ Serious accidents such as becoming entangled in a tractor PTO may result in the loss of an arm, leg or other part of the body.
- ✓ Follow these steps in that situation:
 - ~ Turn off the power if you can do so safely.
 - ~ Call the emergency medical services for help and administer CPR if the person isn't breathing- if you know how to do CPR.
 - ~ Take steps to stop the external bleeding.
 - ~ Wrap the severed body part in sterile gauze or a clean cloth. Place it in a plastic bag inside a bag of ice. Take it to the hospital with the victim.

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Excerpts: www.gemplers.com

**PUT SAFETY FIRST &
A BETTER DAY IS SURE TO
FOLLOW!!!**