

- ☐ What are some examples of common injuries that require first aid? Examples: cuts, bug bites, sprains, and broken bones.
- ☐ Some items that should be kept in a first aid kit include: alcohol wipes, gauze, band aids, disposable gloves and medical tape.
- ☐ First aid kits should be kept in accessible locations; in the office, near the bathrooms, in the shop, and the breakroom.
- ☐ Some symptoms indicating that someone may need help include: cramps, nausea, swelling, bleeding, dizziness, and pain.
- ☐ Treating a cut: clean the dirt from wound site, rinse with clean water, apply pressure using a bandage, notify supervisor.
- ☐ Protect yourself by wearing disposable gloves. Keep calm and help to keep the victim calm while administering first aid.
- ☐ Emergency procedures include: call 911, administer first aid, meet the emergency services at the property entrance or nearest cross street, and have someone stay with the victim until help arrives.

*This tool is meant to guide a review discussion based on previous complete and compliant training. Providing only this information will not constitute legal training compliance.*

