

Dealing with Injuries on the Job

Every workplace should have a plan for handling injuries. The plan should spell out how workers should report injuries, and how to get help promptly. It should designate staff to provide first aid, and explain how to contact medical personnel if needed.

Cuts

Follow Safe Work Practices

- Train designated staff on each shift to provide first aid for cuts.
- Make sure everyone knows who is designated to provide first aid.
- Know the dangers of contact with another person's blood, and take appropriate precautions. Blood can carry organisms that cause diseases like Hepatitis B, or AIDS.

What if I get hurt on the job?

- Tell your supervisor right away.
- Get emergency medical treatment if needed.
- Your employer is required by law to provide workers' compensation benefits, including medical care for your injury and payments if you lose wages for more than 3 days. Your employer must give you a claim form. Fill it out and return it to your employer.

Exposure to Blood

Follow Safe Work Practices

- Make sure only designated, trained staff provide first aid.
- If trained staff are not available, keep away from blood. Hand the victim a towel or bandage to apply to the wound.
- Make sure workers know how to report an incident where there is exposure to blood. They should also know how to get a medical evaluation, and how to get a Hepatitis B vaccination if they want one.
- Have a system to record and evaluate incidents where there was exposure to blood.

Use Protective Clothing and Equipment

- Have first aid kits, gloves, and other protective equipment available for staff designated to provide first aid.



Burns

Follow Safe Work Practices

- Train designated staff on each shift to provide first aid for burns. First aid is the best way to minimize the damage caused by a burn.
- Make sure everyone knows who is designated to provide first aid.
- Do not apply ointments, sprays, antiseptics, home remedies, butter, or grease to burns.
- If over 15% of the body is burned, give appropriate first aid. Call 911, or follow the restaurant's procedures to get the person to a doctor or hospital immediately.

Use Protective Clothing and Equipment

- Have first aid kits, gloves, and other protective equipment available for staff designated to provide first aid.

First Aid for Burns and Shock

1st Degree Burn:

A burn injuring only the outside layer of skin.

Treatment:

Apply cold water to the burned area.

2nd Degree Burn:

A burn that injures the layer of skin beneath the surface. Blisters usually form.

Treatment:

1. Immerse the burned area in cold water or apply a clean cloth soaked in ice water until pain subsides.

2. Blot dry and apply a clean dry cloth or bandage. Send to a doctor if necessary.

3rd Degree Burn:

A burn that destroys all layers of skin.

Treatment: Do not put ice or ice water on the burn. Do not remove clothes that are stuck to the burn. Follow the steps below.

1. Maintain an open airway. Restore breathing and circulation if necessary.

2. Protect the burned area by covering with a clean cloth.

3. Treat for shock.

4. Call 911, or follow the restaurant's procedures to get the person to a doctor or hospital immediately.

Shock:

A person in shock will be cold, pale, sweating, and may pass out.

Treatment: Do not give any fluid or drugs. Follow the steps below.

1. Maintain an open airway. Restore breathing and circulation if necessary.

2. Call 911, or follow the restaurant's procedures to get the person to a doctor or hospital immediately.

3. Have the victim lie down with feet elevated, unless this would hurt them more.

4. Cover the person to keep them warm.