

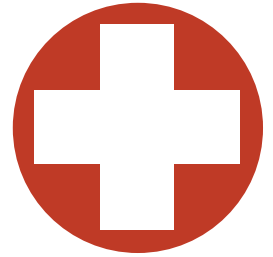


PARTNERING WITH TOWNSHIPS

TOWNSHIP OFFICIALS OF ILLINOIS RISK MANAGEMENT ASSOCIATION

# RISK REMINDER

## First Aid for Minor Wounds



Due to the nature of the work, the movers are bound to suffer minor wounds, such as cuts, abrasions, and punctures. Have you ever: Scuffed your knuckles in a doorway while moving a couch? Suffered a puncture wound from a staple, tack or splinter when loading an antique china cabinet? What about banging your shin against the walk board or truck bumper? All these incidents will likely result in a minor wound of some sort.

### First aid tips:

1. Try to control and/or stop the bleeding by applying light pressure to the wound. Use the gauze located in your first aid kit.
2. Clean the wound with water (warm soapy water if available). Try to wash away any dirt or debris from the wound.
3. Apply antibiotic ointment and a clean, dry bandage.
4. Monitor the wound for infection; redness, swelling, drainage, etc. If any of these symptoms occur, seek medical attention.
5. Report the injury immediately to your supervisor.

### Your Basic First Aid Kit should include:

- Plasters, in a variety of different sizes and shapes
- Small, medium and large sterile gauze dressings
- At least two sterile eye dressings
- Triangular bandages
- Crêpe rolled bandages
- Safety pins
- Disposable sterile gloves
- Tweezers
- Scissors
- Alcohol-free cleansing wipes
- Sticky tape
- Skin rash cream such as hydrocortisone or calendula
- Antiseptic cream
- Painkillers such as paracetamol, aspirin, or ibuprofen
- Antihistamine tablets
- Distilled water, for cleaning wounds and as an eye bath

### Questions:

1. **True or False:** Signs of infection can be ignored if you washed the wound with warm soapy water.
2. In case of a minor cut or abrasion you should try to control and/or stop the bleeding by applying to the wound.
3. Name three things a Basic First Aid Kit should include \_\_\_\_\_,  
\_\_\_\_\_ & \_\_\_\_\_.

**For more information, contact your Loss Control Consultant at (800) 252-5059, ext. 1387 or 1384.**

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