



PARTNERING WITH TOWNSHIPS

TOWNSHIP OFFICIALS OF ILLINOIS RISK MANAGEMENT ASSOCIATION **RISK REMINDER**

RECOGNIZING MEDICAL CONDITIONS

Medical emergencies are a workplace reality. Not every supervisor needs to know first aid and CPR. But supervisors should know who in the building is trained to handle emergencies, and what they can do in the meantime. Here are some symptoms and helpful responses for common medical emergencies:

CHOKING

First, ask if the person needs help. If they say no, you may only make matters worse if you interfere. If they nod yes, or motion for help, use the Heimlich maneuver. Call for help if the situation doesn't clear immediately.



DIABETIC COMPLICATIONS

Symptoms include extreme thirst, lethargy, weakness, mental confusion or even coma. Call for help immediately. If the person is conscious, give them fruit juice or hard candy.



ALLERGY ATTACKS

Allergy attacks are more likely to happen when the person is around paint or chemical vapors or insects (like bees).

Symptoms include: itching, hives, swelling of eyes or mouth and difficulty breathing. Have the person sit down in an area with clear air. If they are having trouble breathing or go into shock, call for help immediately.

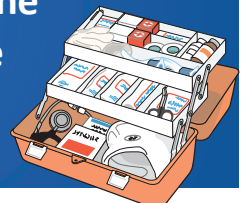
HEART ATTACKS

Symptoms include chest pain, shoulder pain, nausea, fatigue and/or sweating. Call for emergency help immediately. Have someone start CPR if necessary.

SEIZURE DISORDERS

During minor seizures (petit mal) the person loses awareness, stares and twitches. Once the episode is over, encourage the person to go to the hospital or see a doctor. During a severe seizure (grand mal) the person may lose consciousness, become very stiff and then twitch and jerk. Do not try to hold the person down or keep them still. Clear the immediate area to help prevent injury. Call for help immediately.

Remember that OSHA requires the use of a "pocket mask" with CPR to protect against bloodborne disease. There should be one in your first aid kit.



For more information, contact your Loss Control Consultant at (888) 562-7861

CLAIM REPORTING HOTLINE (844) 562-2720 | Available 24/7