



MONTHLY  
SAFETY  
BRIEF  
February  
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## *Do You* KNOW **First Aid Procedures** for injured wrists, hands and fingers???

**CUTS:** Stop bleeding by applying pressure directly on the wounds. (Avoid coming in contact with the victim's blood, in case of blood borne pathogens). Clean and apply sterile dressing. (Wrap a severed body part in a moist, sterile cloth, place it in a plastic bag and put the bag in ice water. Send it to the hospital with the Victim.)



**MINOR HEAT BURNS:** Soak in cool water. Do not apply ointments or grease. If skin is broken, cover with sterile cloth and see a physician.

**STRAINS AND SPRAINS:** Keep injured area immobile. Elevate and apply cold packs. In the case of sprain, see a physician to rule out fracture.

**CHEMICAL BURNS:** Flush area with running water for 15 minutes. See a physician immediately.

**BLISTERS:** Leave skin unbroken and avoid further pressure. If blister is broken, clean and apply sterile dressing.

**SUSPECTED FRACTURES:** Immobilize hand (apply a splint and sling, if possible). See a physician at once.

