

## First Aid

Medical treatment should always be obtained if there is any question about an injury. It is still important to have some knowledge about first aid for situations where it truly applies, or until a doctor can be seen. Here are some basic tips for different situations.

### Burns

Wear safety glasses and understand chemical hazards that can cause specific types or burns.

- Heat burns – Cool with tap water or ice until pain stops
- Chemical burns – Brush chemical off if it's dry. Rinse with water for 15 to 20 minutes
- Don't scrub burns and follow up on treatment for more than minor burns

### Eyes

Wear safety glasses with side shields, or full-face protection if necessary.

- Don't rub particles out of your eyes
- Small particles– Use an eyewash station to rinse the eye
- Large particles– DO NOT TRY to REMOVE. Cover with gauze and get to doctor
- Chemical – Get to an eyewash station and rinse with clean water, up to 15 to 20 minutes for acid
- Keep the effective eye lower to avoid washing water and contaminants into the other eye
- Get to the doctor if there is any doubt or to follow up if needed

### Minor Wounds

Include cuts, bruises, and contusions.

- Wash with mild soap and water, let air dry
- Bandage lightly
- Watch for infection and see a doctor if there is any indication of an infection developing
- See a doctor if material or chemicals are embedded. They may enter the bloodstream or cause an infection
- Don't use chemicals with open wounds or cuts