

Tailgate Safety Training for Landscaping and Horticultural Services

Agricultural Safety Program, 590 Woody Hayes Drive, Columbus, OH 43210

First Aid Kit

Objective: Identify the location and contents of a first aid kit.

How to Use This Module

First aid kits are the first line of defense against injury. For this module:

- Read the information below on contents of a first aid kit.
- Discuss procedures to use if a serious accident occurs.
- Locate first aid kits in your workplace. See what they contain.
- Review the important points.
- Take the True/False quiz to check your learning.

Note: Ask your supervisor for help to find all the first aid kits in your workplace.

Background



Knowing how and what types of first aid to use can prevent a more serious injury. Keep a Red Cross First Aid manual with the first aid kit.

The Red Cross suggests that the kit include:

- Poison first aid kit with syrup of Ipecac and charcoal

- Sterile first aid dressings in sealed envelope (2" x 2" for small wounds, 4" x 4" for larger wounds and for a compress to stop bleeding)
- Tongue blades
- Bandage scissors
- Tweezers
- Eye wash solution
- Thermometer
- Safety pins
- Ace bandage
- Band-aids
- Roller bandage 1" x 5 yards (for finger)
- Roller bandage 2" x 5 yards (to hold dressings in place)
- Adhesive tape
- Triangular bandages for a sling or as a covering over a larger dressing
- Cotton balls for cleaning wounds or applying medication
- Splints 1/4" thick, 1/2" wide, and 12 to 15" long for splinting broken arms and legs
- 70 percent isopropyl alcohol and tincture of green soap in a covered container for cleaning
- Ice packs (chemical ice bags) to use to reduce swelling
- Insect bite kit
- Several pairs of disposable gloves
- Waterless hand wash

There are many types of first aid kits available. Keep and maintain an appropriate kit on each major piece of equipment, trucks, and cars and in the garage or shop. Kits should be inspected at least twice a month and replenished as necessary.

The Red Cross suggests that workers be certified in emergency cardiopulmonary resuscitation (CPR), the method used to restore the heartbeat and breathing. CPR may save the life of someone who has been injured or suffers a serious illness. However, CPR and first aid take training. An untrained individual who gives CPR or first aid may cause harm.

Having an emergency plan in place saves time during an accident. Have a plan for every work location, including machinery sheds, garage, greenhouses, and fields. Know and practice what to do in case of an emergency.

If a Serious Accident Occurs

- Stay calm and try to calm the victim.
- Shout or radio for help and tell a specific person to call 911 for Emergency Medical Service (EMS).
- Evaluate the victim's condition and administer first aid or CPR as needed. (Only trained individuals should administer CPR first aid.) Continue treatment until relieved by the EMS personnel.
- Do not move the victim except to protect the victim from further injury.
- Remain with the victim.
- Conduct a quick rescue without risking personal safety.

When calling 911, give the dispatcher the following information and remain on the phone until the information is confirmed and the dispatcher says to hang up.

- Location of and directions to the emergency
- Type of emergency
- Number of victims

- Location phone number
- Treatment given to victim(s)

Review These Important Points

- Have a complete first aid kit on all major implements and in all work locations.
- Learn first aid and CPR.
- Know the emergency medical plan and keep it current.
- Know the 911 number and accident information.

About These Modules

The author team for the training modules in the landscape and horticultural tailgate training series includes Dee Jepsen, Program Director, Agricultural Safety and Health, Ohio State University Extension; Michael Wonacott, Research Specialist, Vocational Education; Peter Ling, Greenhouse Specialist; and Thomas Bean, Agricultural Safety Specialist. Modules were developed with funding from the Occupational Safety and Health Administration, U.S. Department of Labor, Grant Number 46E3-HT09.

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Answer Key: 1 = F, 2 = T, 3 = T, 4 = T, 5 = T.

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First Aid Kit

Name _____

True or False?

- | | | |
|--|---|---|
| 1. Anyone can give proper first aid in an emergency. | T | F |
| 2. Knowing CPR can save precious seconds and may mean the difference between life and death. | T | F |
| 3. Every business should have an emergency accident plan. | T | F |
| 4. Keep a Red Cross First Aid manual with each first aid kit. | T | F |
| 5. CPR can save lives. | T | F |