



5-minute safety talk

6 Steps to Take During Any Medical Emergency

1. Recognize the emergency.
2. Check the scene for safety issues.
3. Check the person. If no response, move to Step #4.
4. Call 9-1-1 when appropriate.
5. Obtain consent and care for person until help arrives.
6. Have the person seek medical attention when appropriate.

Wound Care

Wound care is needed for cuts, lacerations (tears to the skin) and punctures (when objects pierce the skin). The wound may be mild to severe depending on the location, size and depth of the cut, laceration or puncture.

SIGNS AND SYMPTOMS

- Torn or punctured skin
- Minimal to severe bleeding

STEPS TO TAKE

1. Wash your hands and put on gloves if available.
2. Gently wash shallow wounds and abrasions with large amounts of warm or room-temperature water with or without soap to remove dirt.



3. Irrigate a deeper wound that is not severely bleeding under large amounts of running water to remove foreign matter.
4. Do not use alcohol, hydrogen peroxide or iodine on wound.
5. Pat area dry.
6. Apply antibiotic ointment only to an abrasion or superficial wound and only if the victim is not allergic to the antibiotic.
7. Cover the wound with a sterile dressing and bandage.
8. Seek medical attention:
 - If the victim's tetanus vaccination is out of date.
 - When the wound may be infected.
 - For a deep puncture wound.
 - If there is an impaled object.
 - If a wound may require stitches (cuts on the face or hands when the edges do not close together, gaping wounds and cuts longer than 1 inch).

Visit [nsc.org/members](https://www.nsc.org/members)
for more safety tips