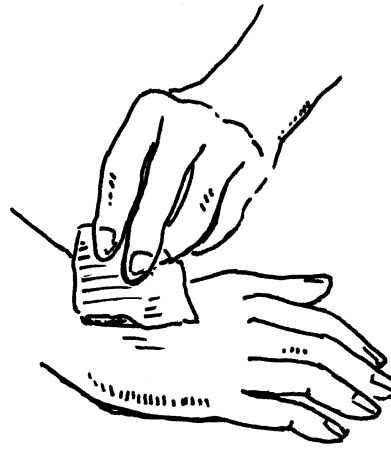


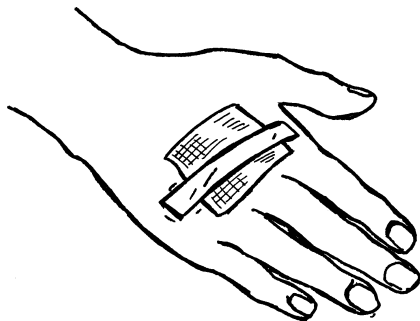
First Aid for Cuts and Wounds



Surrounded by knives, glass and other sharp or dangerous objects, food service workers often face hazards that can cause cuts or punctures. You can avoid getting hurt by following safety procedures. But since accidents do happen, know the ways to treat cuts and punctures. Ask your supervisor for the location of the first aid kit before an accident happens so you can concentrate on treating the wound rather than finding supplies.

Small Cuts or Puncture Wounds

- ◆ Put a sterile cloth over the wound and apply pressure. Avoid cotton, paper towels or tissue since their fibers can get in the wound.
- ◆ Elevate the bleeding area above the heart, if possible.
- ◆ If blood soaks through a bandage or cloth, don't remove it. Apply another cloth on top of it and widen the area of pressure.
- ◆ Once the bleeding has stopped, gently wash the cut with soap and water, pat dry and apply a disinfectant, such as hydrogen peroxide.



- ◆ After the cut or superficial puncture is cleaned and disinfected, remove any small foreign object, such as glass or a splinter, if it isn't deeply imbedded. Once it's removed, disinfect the wound again and apply a bandage for any new bleeding.
- ◆ If the bleeding doesn't stop within 20 minutes dial 911 or whatever emergency medical service is in your area.

Large Foreign Objects in the Skin

- ◆ Call 911 or the emergency medical service in your area.
- ◆ Have the victim lie down.
- ◆ Remove clothing from around the wound if you can do so quickly.
- ◆ Don't try to remove large objects since they can help to plug the wound. Squeeze the edges of a wound together around the object.
- ◆ Make an opening in the center of a thick circular pad of clean cloth to keep pressure off the foreign object. Surround the wound with the pad of cloth.
- ◆ Use parallel bandages to hold the circular pad in place until emergency medical help can treat it.

While Waiting for Emergency Care

If bleeding won't stop, as a last resort you can temporarily cut off much of the blood supply to a limb by firmly pressing major arteries against the bone. Pressure points include the underside of the upper arm and in the center of the fold of the groin. Don't maintain maximum pressure for longer than five minutes and don't apply a tourniquet.