

Jobsite: \_\_\_\_\_  
 Foreman: \_\_\_\_\_

Date: \_\_\_\_\_  
 G.C. \_\_\_\_\_

**SMOHIT Safety Sense**  
 Toolbox Talks for the Sheet Metal Industry

**First Aid Kits**

- The components of a first aid kit should include the basic supplies to treat common injuries that occur on the job. When composing a first aid kit, consider the types of machinery, materials and hazards the workers are exposed to and keep in mind the injuries that could result.
- A basic first aid kit should include supplies for the following injuries:
  - Burns - hydrogel dressings, burn spray, ointments, cold packs
  - Cuts - gauze, tape, bandages, antiseptic items, cut cleaners, antibiotic ointment
  - Eye injuries - eye washes, neutralizers
  - Shock or fainting - ammonia inhalants
  - Fractures - splints, triangular bandages
  - Contusions - cold packs, bandages
  - Bee stings - sting extractors, pain relief products
  - Splinters - splinter forceps
  - Contagion control - gloves, one-way valve mask, antibacterial surface cleaners, skin cleaner
  - General wellness - non-prescription cold medicine, head and stomach ache remedies
- You should also add items to your first aid kit that are particular to your workplace.
- If there are items missing from the first aid kit at your work place, make sure to tell a supervisor so that the items can be replaced.

**Instructor Tips**

- **Ask workers if they have experienced an emergency and discuss their impressions.**
- **Review your own company emergency action plan.**
- **Discuss several ways first responders can become victims.**
- **Point out locations of phones, fire extinguishers and first aid kits.**

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