

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

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

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

**Giving First Aid**

- Emergencies are inevitable. They can happen in any place and at any time, without any warning. If you were in an emergency situation, what would you do? Are you prepared for the unexpected? Your response could be the difference between life and death.
- Here are some tips to help you in an emergency situation:
  - Keep the injured person lying down and still.
  - Control bleeding by applying pressure to the wound.
  - Revive a person who is not breathing by giving mouth-to-mouth artificial respiration or chest compressions if they have no heartbeat (only when trained in CPR).
  - Dilute swallowed poisons only after consulting a doctor, or reading the Material Safety Data Sheet.
  - Keep broken bones from moving.
  - Cover burns with thick layers of cloth.
  - For someone who has fainted, keep head lower than heart.
  - Cover eye injuries with a gauze pad.
  - ALWAYS call a doctor or call 9-1-1.

**Instructor Tips**

- **Ask workers to recall an experience with an emergency situation.**
- **Explain the importance of knowing how to give basic first aid.**

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