

# >> TOOLBOX TALK - INFECTIOUS DISEASE & FIRST AID

When someone has been seriously injured on the job it is often a coworker or supervisor who is first to respond. It's natural for the first responder and others to be primarily concerned with helping the injured person. However, it's also important that the responders protect themselves as well. This applies not only to visible threats that may be present, such as fire, falling debris, etc., but also to the invisible threat of infectious disease.

Many diseases, such as AIDS and Hepatitis, can be transmitted from saliva-to-blood, or from blood-to-blood contact, while other diseases can be transmitted by airborne germs. There are many ways to contract an infectious disease and someone who has such a disease may not even know it.

## Some of the main ways that infectious diseases can be spread include:

- inhalation through lungs;
- absorption or injection through skin or eyes; and
- ingestion by mouth.

## Universal Precautions

Remember - many infectious diseases are invisible and easily contracted. Whenever administering first aid where there is a potential for coming in contact with the injured person's bodily fluids you must also protect yourself. Following universal precautions means you treat the person as if he/she has an infectious disease, and that you follow these steps:

1. First Aid training - be properly trained in first aid and update your training at least every 3 years.
2. Hand washing - before and after treating an injured person
3. Protect yourself and the injured person by using proper first aid PPE:
  - rubber or latex gloves;
  - face masks and glasses to cover your mucous membranes (mouth, nose and eyes); and
  - disposable micro shield or S-tube to prevent saliva transfer and limit infection during mouth-to-mouth resuscitation.
4. Clean contaminated surfaces and safely dispose of contaminated materials. Gloves, clothing, bandages and other materials that have been contaminated with bodily fluids should be properly disposed in leak proof containers marked with a red bio-hazard symbol, while hard surfaces should be disinfected with a mild solution (10-to-1) of water and chlorine bleach.

## Discuss other safety issues related to first aid and infectious disease

(i.e., identify who is trained in first aid; location of first aid kits; etc).

NLCSA is an authorized provider of Standard First Aid Training. Visit [www.nlcsa.com](http://www.nlcsa.com) for details.

NLCSA has free Health and Safety posters that provide information on what to do in the case of emergency and have space to fill in your own site-specific information. **To order these free posters email [info@nlcsa.com](mailto:info@nlcsa.com).**

**Complete and attach Toolbox Talk Meeting Form and process as per company policy.**



## TOOLBOX MEETING FORM

Date: \_\_\_\_\_ Project: \_\_\_\_\_

Supervisor: \_\_\_\_\_ No. in Crew: \_\_\_\_\_ No. Attending: \_\_\_\_\_

Review Last Meeting:

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	Names of Attendees (Signature Required)
<b>Topics Discussed (policies, practices, procedures, hazard assessment):</b>	
<b>Suggestions Offered:</b>	
<b>Action(s) to be Taken:</b>	
<b>Injuries/Accidents Reviewed:</b>	

Supervisor's Remarks: \_\_\_\_\_

Signature: \_\_\_\_\_