First Aid – Landscaping Meeting Kit

WHAT'S AT STAKE

Understanding that first aid is crucial in situations as it helps quickly address injuries and prevents them from getting worse. First aid knowledge is not just about treating wounds; it's about being prepared to act calmly and efficiently when accidents happen.

WHAT'S THE DANGER

Specific Risks: Landscaping poses various risks including:

- cuts from sharp tools.
- falls from uneven surfaces or ladders.
- heat exhaustion from working in hot conditions.
- allergic reactions to plants or chemicals.
- eye injuries from debris.
- respiratory issues from dust or allergens.

Without immediate and appropriate first aid, these injuries can escalate, leading to severe infections, fractures, heat stroke, or chronic health problems.

HOW TO PROTECT YOURSELF

To handle first aid for landscape-related injuries and exposures, adopt the following procedure:

1. **Sharp Tools (Cuts or Amputations):**
   - Minor Cuts: Clean the wound with water and mild soap, apply an antiseptic, and cover it with a sterile bandage. Monitor for signs of infection.
   - Deep Cuts or Amputations: Apply direct pressure with a clean

cloth to stop the bleeding. If the bleeding is severe, elevate the injured area above the level of the heart if possible. Seek emergency medical help immediately. For amputations, keep the severed part clean, wrapped in a sterile cloth, and cool (but not directly on ice) while waiting for medical assistance.

1. **Falls (Sprains, Fractures, Head Injuries):**

- **Sprains and Strains:** Rest the injured area, apply ice wrapped in a cloth to reduce swelling, and keep the area elevated. Use compression bandages if appropriate. Seek medical advice for severe cases.
- **Fractures:** Immobilize the injured area using a splint or any available material. Apply ice to reduce swelling and keep the area elevated. Avoid moving the injured person and seek immediate medical attention.
- **Head Injuries:** Monitor for signs of concussion (dizziness, confusion, nausea). If the person loses consciousness, has a severe headache, or shows signs of confusion, seek emergency medical help immediately. Avoid moving the person unnecessarily.

1. **Chemicals (Burns, Poisoning, Respiratory Issues):**

- **Chemical Burns:** Rinse the affected area with cool, running water for at least 20 minutes. Remove contaminated clothing if it’s safe to do so. Seek medical attention if the burn is severe.
- **Poisoning:** If the chemical was ingested, do not induce vomiting unless instructed by a medical professional. Call poison control or seek emergency medical help immediately.
- **Respiratory Issues:** Move the person to fresh air immediately. If they have difficulty breathing, use an inhaler if prescribed or seek medical attention. Provide CPR if the person stops breathing and you’re trained to do so.

1. **Heavy Machinery (Crushing Injuries):**

- **Crushing Injuries:** Call for emergency help immediately. Avoid moving the injured person if there’s a risk of further

injury. Provide first aid for shock (keeping the person warm and calm) while waiting for medical professionals.

1. **Sun Exposure (Heat Exhaustion, Heat Stroke):**

- **Heat Exhaustion:** Move the person to a cooler area, provide fluids (preferably water or electrolyte solutions), and apply cool, wet cloths to their skin. Rest is essential. If symptoms persist or worsen, seek medical help.
- **Heat Stroke:** Call emergency services immediately. Move the person to a cooler environment, remove excess clothing, and cool their body with cool water or ice packs. Do not give fluids if the person is unconscious or semi-conscious.

First Aid Kits and Attendants

It’s important to have clear procedures for responding quickly and effectively to injuries. Follow these guidelines to ensure an effective first-aid response:

- Inform all workers of the location of the first aid kit and the procedure for contacting the first aid attendant if needed.
- Display clear signs indicating how to access first aid services.
- Ensure that any designated first aid attendant holds a certification appropriate for the workplace requirements. Also, train other employees to serve as backup first aiders to cover for absences or vacations, and always ensure adequate coverage.

Transportation of Injured Workers

Your business must have written procedures for transporting injured workers, which should be posted in the workplace. These procedures should detail:

- Who to contact for transportation
- How to request transportation
- Prearranged routes for accessing and leaving the workplace and reaching the hospital

Employers are responsible for covering the cost of transporting an injured worker to the nearest medical facility.

FINAL WORD

Effective first aid in landscaping requires proper PPE, safe work practices, and preparedness. Training, clear procedures, and immediate response are key to managing injuries and ensuring a safe work environment.