

# The Importance of First Aid Training



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## ENVIRONMENTAL HEALTH & SAFETY

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First aid training helps save lives. It's that simple. On the job, in your home, or in the community, knowing first aid allows you to help someone who is injured or suddenly ill until help arrives or they're able to see a health care provider. In the U.S. every year: two million people are hospitalized because of injuries, 140,000 die from injuries, and 700,000 have strokes.

### **The Goals of First Aid Include:**

- Keeping the victim alive
- Preventing the victim's condition from getting worse
- Helping promote recovery from the injury or illness
- Ensuring the victim receives medical care

### **Be Prepared**

- Know what to do
- Be ready. A first aid situation can occur anytime, anywhere.
- Have a personal first aid kit, and know where the kits are in your workplace. Be sure they're well-stocked with the right supplies.
- Keep emergency phone numbers, such as EMS, the Poison Control Center, and other agencies, easily accessible.
- On campus, the number to dial for most emergencies is 213-740-4321

### **Preventing Emergencies**

Most injuries, and some illnesses, can be prevented. Follow these guidelines:

- In the workplace, always follow safety procedures required by OSHA. If you have received safety training, use it. It only takes one lapse from a safety procedure to lose a life.
- In your home, take the necessary steps to prevent fires, accidental poisonings, and other injuries. Look for hazards and correct them.

### **Your First Aid Kit**

- Keep a well-stocked first aid kit in your home and vehicle, and know where one is kept at work.
- Take one with you on activities such as camping and boating
- A cell phone is also helpful in most emergencies for calling help
- Make sure that your first aid kit includes all necessary items. Note you may not use all items in a kit just because they are there.
- Do not give medications such as analgesics like aspirin or acetaminophen. However, some adult victims may choose to give themselves such medications.

**Please contact EH&S at 213-740-6448 for more information.**

To learn more about first aid training, call 213-923-5134

Emergency supply vendors can be found at: <http://capsnet.usc.edu/events/emergencysuppliesvendors.cfm>

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