

GREENVILLE WOODWORKERS GUILD

IN-SHOP FIRST AID

MEDICAL PROBLEMS OCCURRING IN THE SHOP DUE TO PRE-EXISTING CONDITIONS

Members and visitors potentially could have acute medical problems while at the shop, but unrelated to any shop activity. These could range from minor self-limited symptoms to severe, life threatening illness. It is expected that the supervisor on duty will be notified of these kinds of problems, so that assistance can be rendered.

If there are features of **heart attack, stroke, seizures, internal bleeding, or any other serious problem**, it is expected that EMS will be called, and attempts will be made to stabilize the situation. Family members should be notified.

If the problem seems less severe, the supervisor may suggest that the member call his/her physician for guidance. On other occasions, it may be appropriate for a family member or a friend to come to the shop to help deal with the situation. Members should respect the judgment of the supervisor and not attempt to drive home if they are unstable.

MEDICAL PROBLEMS RELATED TO THE USE OF THE SHOP

1.Minor cuts and abrasions: These are superficial and are of limited extent. Bleeding is mild and stops with minimal pressure for a brief time. Soap and water are used to clean the area and to remove foreign material. Do not use alcohol or hydrogen peroxide, which injure healthy tissue. Providone-iodine solution may be used on the surface. Cover wound with an appropriate sized sterile dressing.

2.Splinters: These are removed with tweezers or a sharp sterile needle, then follow up as for #1. Those that can't be removed will need medical care, if large, painful, or in a sensitive area.

3.Lacerations: Seriousness depends on depth and location on the body. Pressure with a dressing and elevation are done to control bleeding. If possible, cleansing is done as in #1.

The following usually require medical attention:

- a. Lacerations to the face, to avoid scarring.
- b. If tissue under the skin is exposed (muscle, fat, tendon, joint, bone).
- c. If there is any suspicion of tendon injury. Tendon injury occurs especially in those involving the hands or wrists, and may cause inability to move fingers properly.
- d. Any laceration that involves a joint or exposes bone is prone to infection.
- e. Lacerations that have irregular or damaged tissue at the edges. These don't fall together when bleeding stops and generally require removal of damaged tissue and stitches.
- f. Injury to an artery. This suspected if bleeding is unusually forceful (some times spurting) and is hard to stop. The blood may be especially red. Prolonged and very firm direct pressure is required. The area beyond the injury may become cold and pale. Do not use a tourniquet, unless instructed by medical personal.
- g. Nerve injury. This suspected if there is loss of normal feeling or function beyond the injury site.

4. Fractures: May be due to blunt trauma or penetration through bone as with a drill bit or a pneumatically driven nail (brad). Extreme pain, swelling, and evidence of bleeding within the tissues are usual. When in doubt, X-Rays and

medical attention are required. If you suspect a fracture, the part should be splinted. The part should be fixed loosely to a splint using an ace bandage, cloth, or even wide masking tape. A magazine or light strip of board can serve as a splint.

5. Amputations: These may be complete or partial. Bleeding is controlled with direct pressure, elevation, and application of an ice pack. Do not use tourniquet. If amputation is complete, place the part in ice water (not directly on ice). Don't try to clean the stump or the amputated part. Call EMS. Do not use any other form of transportation. Have person lie down with the part elevated if possible.

6. Eye injuries: Severe blunt trauma, laceration, or penetrations of the eye require medical attention. An ice pack should be applied. EMS may be called or person taken to an ER, depending on severity. The individual may remove the foreign body with the use of a mirror and a cotton-tipped applicator, or by flushing with tap or bottled water. If the foreign body remains in the eye, or feels like it is still there (suggesting a corneal abrasion), attention by medical personal is required (family doctor or eye doctor).

7. Allergic reactions: These may relate to exposure to certain woods or chemicals in the shop. Mild reactions may respond to removal of the offending agent. Severe reactions that cause general rash or systemic symptoms (wheezing, chest pain, fainting, or collapse) require EMS. If available, antihistamines and/or epinephrine (some people have this with them) are used.

A FEW SUGGESTIONS

TRY NOT TO PANIC.

ENLIST THE HELP OF OTHERS IN THE SHOP.

PUT ON GLOVES BEFORE EXPOSURE TO OTHER PEOPLE'S BLOOD.

HAVE INJURED PERSON SIT IN CHAIR OR LIE DOWN TO PREVENT FAINTING.

COVER INDIVIDUAL WITH BLANKET OR COATS IF THEY SEEM COLD.

DO NOT LEAVE AN INJURED PERSON ALONE.

WHEN EMS CALLS, MAKE SURE THEY KNOW THAT ENTRANCE IS ON HENRY STREET.

IF POSSIBLE, SEND SOMEONE TO THE STREET TO DIRECT THE EMS.

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