

HRV POST

WEEKLY NEWSLETTER

Statutory Updates:

1. Half yearly return under ESI - due by November 11, 2024
2. Statutory Bonus (if not paid so far), due date is 30th November 2024 for the Financial year 2023-24

A Bird, do not depend on the branch of the tree, but depend on its wings...

Similarly depend on your Skills, and not on the Employer...



What is First-Aid?

First-aid is the immediate care given to the victim of an accident or sudden illness before the arrival of a qualified expert.

The purpose of First-aid is to preserve life, assist recovery, prevent aggravation and minimize complications at a later date with the help of such material as may be available

Ministry of Labour, Government of India.

Who can be a First-Aider?

Notwithstanding the duty of care of first aiders, the treatment of illness and/or injury should be limited to those areas in which the person has received recognized training.

Designated first aiders shall be responsible for:

- Administering the sick bay and its contents.
- Monitoring patients according to their condition.
- Recording all first aid treatments.
- A copy of the treatment provided shall be forwarded with the patient where further assistance is sought.
- The first-aider should respect the confidential nature of any information given.
- Reporting any considered hazard to the appropriate workplace Occupational Health and Safety representative and Manager;

First Aid Room

Where the workplaces have a first aid room it should be located to provide easy access to injured persons. It should be well illuminated, ventilated and clearly identified

Where Workplaces is not mandatorily required to provide a first aid room should provide a first aid area

- 'Sick bay' for ill or injured people to rest.
- These areas should meet the minimum requirements for first aid rooms.
- All employees should be advised of the location of the first aid room/area

Among other things, the following items are the minimum requirements when establishing a first aid room:

- easy access for a stretcher or wheelchair
- access to a sink or washbasin
- electric power points
- couch or bed with blankets and pillows
- armchair
- stretcher
- telephone access
- red light above the outside door
- an emergency bell

First Aid

Do's



1. Reassure victim that help is on the way.
2. For major injuries call 108 immediately.
3. Check victim's status regularly.
4. Use direct pressure to stop bleeding.
5. Check to see if victim's airways are clear.
6. If no pulse or respiration, start CPR if your trained and certified.
7. To prevent transmission of disease, use latex gloves.
8. Keep victims in shock warm (use blanket, etc.)
9. Assume spinal injury when blunt force trauma is present.
10. Raise head if bleeding in upper torso area.
11. Raise feet if bleeding in lower torso areas.
12. Flush all burns and chemical injuries with clean water.
13. Have MSDS sheets on the jobsite for 108 responders.

Don'ts

1. Don't move the victim unless absolutely necessary.
2. Always suspect "spinal injury" (and don't move the victim).
3. Don't set fractures and breaks (simply immobilize the victim).
4. Don't apply a tourniquet (use "direct" pressure to stop bleeding).
5. Don't remove items imbedded in the eye (cover with a dixie cup).
6. Don't use burn ointments.
7. Don't hesitate to call 108.

Courtesy: Swarna Deekshat