

FIRST AIDS

What is first aid? If the incident required only the following types of treatment, consider it first aid. Do NOT record the case if it involves only:

- Visits to a doctor or health care professional solely for observation or counseling; diagnostic procedures. Usually one time treatment only to get checked out where no only one or two appointments was needed and no modified duty or job transfer exists.
- Using non-prescription medications at non-prescription strength;
- Administering tetanus immunizations;
- Cleaning, flushing, or soaking wounds on the skin surface;
- Using wound coverings, such as bandages, BandAids™, gauzepads, etc., or using SteriStrips™ or butterfly bandages.
- Using hot or cold therapy;
- Using any totally non-rigid means of support, such as elastic bandages, wraps, non-rigid back belts, etc.;
- Using temporary immobilization devices while transporting an accident victim (splints, slings, neck collars, or back boards).
- Drilling a fingernail or toenail to relieve pressure, or draining fluids from blisters;
- Using eye patches;
- Using simple irrigation or a cotton swab 00 to remove foreign bodies not embedded in or adhered to the eye;
- Using irrigation, tweezers, cotton swab or other simple means to remove splinters or foreign material from areas other than the eye;
- Using finger guards;
- Using massages;
- Drinking fluids to relieve heat stress.

These types of incidents can be treated by the health center at each college or any of our District Designated Facility List for treatment.

First Aids are not processed by workers compensation Administrator Sedgwick. This is to reduce our wc cost.