

Learn how to act to ensure proper care for the injured on construction sites

When an accident occurs in any workplace, and especially in construction, it is important to know how to act immediately to ensure the injured are properly cared for until medical services arrive. Therefore, it is worth reviewing how to act in the event of an accident.

First aid is the set of actions or techniques that allow for immediate care of an injured person until professional medical assistance arrives, so that the injuries sustained do not worsen. In other words, it is not about treating anyone beyond one's capabilities, but rather doing the minimum necessary to stabilize the injured while we wait for emergency services.

## General Tips

- 1. Stay calm.** It's very important not to lose your temper, as otherwise, it will be impossible to act correctly, and it's quite possible to make irreparable mistakes during first aid.
- 2. Avoid crowds.** We've all seen crowds of onlookers milling around an accident. This only hinders those trying to help and makes it difficult for emergency services to access the scene. An accident must not be turned into a mass spectacle.
- 3. Do not move the injured person.** As a general rule, no one who has suffered an accident should be moved until we are sure they can move without risking further injury. This is very important for preventing spinal injuries. In any case, there are certain times when

there is no choice but to move the injured person, as they may still be at greater risk than leaving them immobile (for example, in a fire).

**4. Examine the injured person.** This is a basic examination to get a first impression of the seriousness of the injured person's condition and the nature of their injuries. We will check if the injured person is conscious, breathing, and has a pulse. We will then perform a more thorough examination to determine the type of injuries the injured person has, so we can provide as much information as possible to the medical services.

**5. Reassure the injured person.** Injured people are often frightened, unaware of their injuries, and need someone they can trust in these moments of distress. Reassuring the injured person is essential in first aid.

**6. Keep the injured person warm.** When the human body is attacked, self-defense mechanisms are activated, often involving the loss of body heat. This situation is exacerbated when there is blood loss. Therefore, it is vital to keep the injured person warm.

**7. Notify emergency personnel.** Once the injured person has been assessed, call emergency services at 112. If several people are caring for the injured, it is much more beneficial to divide up the tasks and have someone call emergency services instead of caring for the injured.

**8. Do not administer medication.** During first aid, do not give any medication to the injured person, even if they request it.

The quickest possible response to an accident can save a person's life or prevent any injuries from worsening.

## Basic Actions

When caring for an injured person, remember three basic actions:

- 1. Protect the injured person,** especially to prevent further injury if the risks persist.
- 2. Notify the emergency services.** This is undoubtedly one of the most important things we can do for those injured.
- 3. Provide assistance.** Once the two previous points have been met, we can choose to assist the injured to the best of our ability and taking into account the eight points discussed above.

## Avoiding accidents on the construction site

To prevent accidents on the construction site, various safety net systems and protective nets are essential elements.

At Visornets, we are experts in providing customized solutions for collective safety on construction sites. Contact Visornets' Technical Department, who will advise you on the best option for your case.