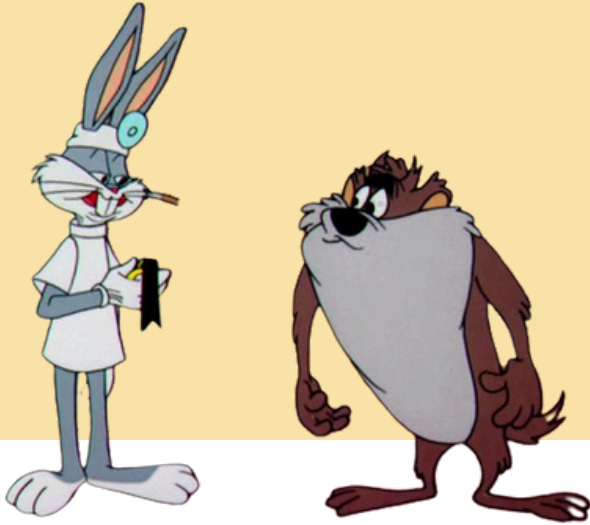


FIRST AID - HEALTH & WELLNESS

Toolbox Talk



WHY IT MATTERS

- Quick response to injuries or illnesses can prevent complications and save lives.
- Promoting health and wellness reduces workplace injuries and improves productivity.
- Everyone plays a role in maintaining a safe and healthy environment.

COMMON FIRST AID NEEDS

- Cuts, scrapes, and minor burns.
- Sprains or strains.
- Heat-related illnesses.
- Sudden medical emergencies (heart attack, allergic reaction).

FIRST AID GUIDELINES

- First Aid is located in bldg. 34, stage 15
 - Open from 6 AM to 12 Midnight M-F
- Report injuries immediately - no matter how minor
- Only train personnel should administer advanced first or CPR

HEALTH & WELLNESS TIPS

- Stay hydrated and take breaks during strenuous work.
- Practice good ergonomics to prevent musculoskeletal injuries.
- Eat balanced meals and get adequate rest.
- Manage stress — use available wellness resources.

EMPLOYER RESPONSIBILITIES

- Provide accessible first aid supplies and emergency equipment.
- Train employees on emergency response and first aid basics.
- Encourage a culture of health and safety through wellness programs.

BE PREPARED — KNOW YOUR FIRST AID RESOURCES AND TAKE CARE OF YOUR HEALTH EVERY DAY.