

Stay safe: wounds & spinal injury

By safely disposing of your liquid waste, you are helping to protect the natural environment. But it's important to protect yourself and others too.

Each year thousands of people die or are seriously injured through accidents. A lot of these deaths could have been prevented if first aid was given before the emergency services arrived.

What should you do if someone is injured?

- First, check you and the injured person are not in any danger. If you are, make it safe
- Call 999 or 112 for medical help or an ambulance. The operator will be able to talk you through basic life-saving instructions
- Provide the injured person with first aid.

The following provides useful instructions on how to apply basic first aid in the event of a wound or spinal injury:

Heavy bleeding

If someone is bleeding heavily, the main aim is to prevent further blood loss and reduce the effects of shock.

- First, dial 999 and ask for an ambulance
- If you have disposable gloves, use them to reduce the risk of infection being passed on
- Check to see if there is anything embedded in the wound. If there is, take care not to press down on it. Instead, press firmly on either side of the object and build up padding around it before bandaging to avoid putting pressure on the object itself.



Heavy bleeding continued

If nothing is embedded then:

- Apply and maintain pressure to the wound using a clean pad or dressing
- Continue to apply pressure until the bleeding stops
- Use a clean dressing to bandage the wound firmly
- If the bleeding continues through the pad, apply pressure to the wound until the bleeding stops, and then apply another pad over the top and bandage it in place. It is important you don't remove the original pad or dressing
- Continue to check that the bleeding has stopped.

If a body part has been severed:

- Place it in a plastic bag or wrap it in cling film. It's important not to wash it
- Wrap it in soft fabric and place in a container of crushed ice, taking care to ensure it doesn't directly touch the ice
- Make sure the severed body part goes with the person to hospital.

Always seek medical help for bleeding, unless it's minor.

Spinal injury

If you think a person may have suffered a spinal injury do not attempt to move them until the emergency services arrive.

If you need to open their airway, place your hands on either side of their head and gently lift the jaw with your fingertips to open the airway. Take care not to move their neck.

A person may have suffered a spinal injury if they:

- Have been involved in an incident e.g. a fall from height or been struck directly in the back
- Complain of severe pain in their neck or back
- Cannot move their neck
- Feel weak, numb or paralysed
- Have lost control of their limbs and bodily functions.

