



This safety topic provides basic first aid tips if someone has experienced a **skin injury**.

- First aid should be administered only by trained and authorized personnel who are able to provide a primary assessment and basic medical aid using accessible supplies.
- Before starting first aid, always wash your hands with soap and water.

A small **foreign object in the skin**, like a splinter, or piece of glass, can usually be removed safely. Use tweezers cleaned with rubbing alcohol and make sure to wash your hands and clean the skin with soap and water before attempting removal.

- If the object is under the surface of the skin, sterilize a clean, sharp needle by wiping it with rubbing alcohol and use the needle to gently break the skin over the object and lift up the tip of the object. Then, use clean tweezers to grab the end of the object and remove it.
- After removing any foreign object from the skin wash the area, pat dry, and apply an antibiotic ointment.
- Seek medical assistance if the object is difficult to see, doesn't come out easily, or the wound is particularly deep and dirty.

Remember, after providing any type of first aid:

- Wash your hands immediately.
- Properly dispose of all hazardous waste.
- Clean and decontaminate all surfaces after exposure to blood or bodily fluids.



The information provided in this safety topic is not intended as a substitute for professional medical advice or formal first aid training.



Proper first aid treatment for **minor cuts, scrapes, abrasions, and puncture wounds** is important to promote healing and prevent infection.

A puncture wound from a small object may not cause much bleeding, but these wounds can be deep and are at greater risk of infection.

1. After washing your hands, and putting on disposable gloves, if available, stop the bleeding. Apply gentle pressure with a clean bandage or cloth and elevate the wound until the bleeding stops.
2. Once the bleeding has stopped clean the wound with water. You can wash around the wound with mild soap, but don't get soap in the wound. Seek medical care if all the debris cannot be removed.
3. When the wound is clean, apply an antibiotic or petroleum jelly gently, in a thin layer, over the wound and then cover it with a bandage or gauze to keep it clean.
4. Make sure to change the dressing at least once a day and monitor the injury for signs of infection, like redness, warmth, swelling, pain, fever, or drainage.



Seek immediate or emergency medical care if the wound is:

- still bleeding after a few minutes of direct pressure
- from an animal bite
- deep and dirty
- caused by a metal object
- over a joint and could be deep
- to the head neck, scrotum, chest or abdomen and could be deep

For skin injuries that have **severe bleeding**, take these steps as you or other team members reassure the injured person. *For severe bleeding that you cannot control call 911 (or emergency services) immediately.*

1. Grab the first aid kit and PPE. Wear disposable protective gloves and protective eyewear.
2. Remove clothing or debris on the wound, but do not remove large or deeply embedded objects.
3. Stop the bleeding by placing a clean bandage or cloth on the wound and apply constant pressure. Maintain pressure by binding the wound with a thick bandage. Do not put direct pressure on an eye injury or embedded object.
4. Do not remove the original gauze or bandage. If blood seeps through the gauze, add another bandage on top of it and keep pressing firmly on the area.
5. Immobilize the injured body part as much as possible. Wait for emergency personnel to arrive or get the injured person to an emergency room.



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When **sunburn** is a concern, especially if the skin is painful, inflamed, and hot to the touch, there are first aid steps that can help the healing process.

1. Take a pain reliever like ibuprofen (Advil) or acetaminophen (Tylenol) or try a gel pain reliever gently rubbed on the skin.
2. Cool the skin by placing a clean, damp towel on the sunburn or take a bath in cool water.
3. Soothe the sunburn by applying an aloe vera or calamine lotion (or gel). A nonprescription 1% hydrocortisone cream can also be applied.
4. Drink extra water to avoid dehydration.
5. If blisters form do not intentionally break them open. The blister can help the skin underneath heal and provides a natural barrier to bacteria. Gently clean the blistered area with mild soap and water.
6. During the healing process, protect the skin from further sun exposure.



Seek immediate or emergency medical care if the sunburn is causing:

- fever over 103°F with vomiting
- confusion
- signs of infection
- dehydration
- large blisters on face, hands, or genitals
- worsening pain, headache, nausea, fever, or chills

A **rash caused a poisonous plant**, like poison ivy, oak, or sumac, can be painful and may result in itching, burning, or blistering on the skin. Here are some first aid tips to help the uncomfortable healing process:

1. Remove all clothing that has possibly touched the plant or the rash and wash immediately.
2. Wash the skin gently and scrub under fingernails with soap and water.
3. Cool compresses and oatmeal baths can help to soothe the skin.
4. Apply calamine lotion or hydrocortisone cream to the skin to reduce redness and itching.
5. Take an oral antihistamine like Benadryl to help reduce the itching sensation but beware that these nonprescription drugs can cause drowsiness.
6. Avoid scratching and bursting blisters which can lead to infection.

Seek immediate or emergency medical care if you have had a severe allergic reaction in the past or for symptoms like:

- chest tightness or difficulty breathing
- a rash on the face or genitals, or it covers a large portion of the body
- a rash that is getting worse despite home treatment
- a skin infection with increasing redness, warmth, pain, swelling, or pus
- swelling of the tongue or throat



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