

FIRST AID

1. GENERAL

1.001 This addendum supplements Section 010-100-001.

1.002 It is revised to include changes in the types of materials used for first aid treatment.

4. WOUNDS AND BLEEDING

The following changes apply to Part 4 of the Section:

(a) 4.04(a) (2) and (3) - revised

4.04(a) First Aid

(2) Cleanse the injury thoroughly using antiseptic soap and boiled water or clean running tap water, applying the soap and water with a sterile dressing.

(3) Cover with a dry sterile or clean dressing, and bandage snugly into place.

5. BITES AND STINGS

The following changes apply to Part 5 of the section:

(a) 5.01(a) (1) - revised

(b) 5.03(b) (1) - revised

(c) 5.04(a) (3) - revised

(d) 5.05(a) (3) - added

5.01 Animal bites

(a) First Aid

(1) Wash the wound thoroughly to remove all saliva. Use a gauze compress and a solution of soap and water to scrub the wound; antiseptic soap is best, but any soap will do. Thoroughly wash the bite wound for 10 to 15 minutes; then rinse with clean running water and apply a sterile dressing.

5.03 Snake Bites (Non-Poisonous)

(b) First Aid

(1) Cleanse wound thoroughly with antiseptic soap and clean water.

5.04 Insect Bites and Stings

(a) First Aid

(3) Apply medicated ointment.

5.05 Tick Bites

(a) First Aid

(3) If any unusual symptoms develop, see a doctor.

10. BURNS

The following changes apply to Part 10 of the Section:

(a) 10.04(a) (2) - revised

(b) 10.04(b) (1) - revised

10.04 First Aid

(a) Thermal Burns

(2) For first or second degree small area burns apply ABT spray or medicated ointment and cover with a sterile dressing.

(b) Chemical Burns

(1) Wash away the chemical with large amounts of water. Then, if specific chemicals for treatment are indicated on the label, apply them, if available. For creosote burns, wash with hot water and antiseptic soap. Apply medicated ointment. (See Section 010-100-010).

13. COMMON EMERGENCIES (listed alphabetically)

The following changes apply to Part 13 of the Section:

(a) 13.03(a) (1) - revised

(b) 13.15(b) - revised

(c) 13.15(d) - revised

(d) 13.16(a) - revised

13.03 Blisters

(a) First Aid

(1) If the blister is raised and you decide to open it, first wash the area thoroughly with antiseptic soap and warm

water. Dry, and then wipe the blister with an antiseptic pad; then puncture the edge of the blister with a sterilized needle or other sharp sterile object and gently press out the fluid.

13.15 Plant Poisoning

(b) Prevention

(1) Learn to recognize the plants in their various forms at all seasons of the year and avoid contact with them. The smoke from burning plants may be harmful; avoid it wherever possible.

(2) Considerable success has been experienced with immunizing mixtures, and the use of Imun Oak (formerly known as Broemmell or Otox) is approved for this purpose. Imun Oak is to be administered on a voluntary basis and according to the printed instructions furnished with the extract. These directions are as follows: Imun Oak in 1 c.c. vial should be poured into 1/3 glass of water and mixed well before drinking. A second 1 c.c. dose may be taken after 24 hours to further decrease the chance of developing poison oak. The Imun Oak poison oak extract is more effective when taken weeks before exposure. In some locations where poison oak is prevalent, it may be desirable to administer the extract in the spring and fall of each year.

(3) Medicated ointment should be used to cover all exposed parts of the body (hands, arms, neck, face, and ankles when low shoes are worn). The ointment is soluble in water and, due to loss from perspiration, should be applied once every 4 hours while working in the vicinity of poison oak. The ointment should be applied as a preventive before entering and while working in the infested area. The body should be thoroughly washed after working in poison oak area.

(4) Whenever work is contemplated in known poison oak areas, supervisors should review the preventive treatments given in this instruction and decide upon precautions that are to be taken to give adequate protection to the workmen. Employees who are known to possess some degree of immunity, should preferably be selected for the work and definite preventive measures should be agreed upon and followed. If a force will work in poison oak areas for more than a few days,

it would be desirable to have each employee take the Imun Oak as this provides some degree of immunity over relatively long periods of time. Even though this is done, medicated ointment should be applied to all exposed parts of the body as described in Part 3 above.

(d) First Aid

(1) When a poison oak rash develops, bathe the affected part first and then apply medicated ointment. Re-apply ointment every 2 to 4 hours until rash disappears.

(2) If the preventives mentioned fail to reduce or stop further development of the rash, see a doctor.

13.16 Splinters

(a) First Aid

(1) If the splinter is near the surface, it may be picked out. Wipe area with an antiseptic pad and remove splinter with a sterilized knife point, needle, or tweezers. Induce bleeding.

(2) Apply antiseptic pad to the wound and cover with a clean compress.

(3) If the splinter is buried deeply or if the wound is of considerable size, apply an antiseptic pad and cover with a sterile dressing. Always see a doctor.

15. BELL SYSTEM FIRST AID KITS

The following change applies to Part 15 of the Section:

(a) 15.04 - added

15.04 Use of first aid kits.

(a) Type "C" First Aid Kits are for use where 2 to 25 people are located, such as on construction or splicing vehicles, office quarters, or work centers.

(b) Type "C" or "D" First Aid Kits are for use on Installation or Repair trucks and passenger vehicles.

(c) Type "S" First Aid Kits are for use by individual workmen where other kits are not provided or accessible.