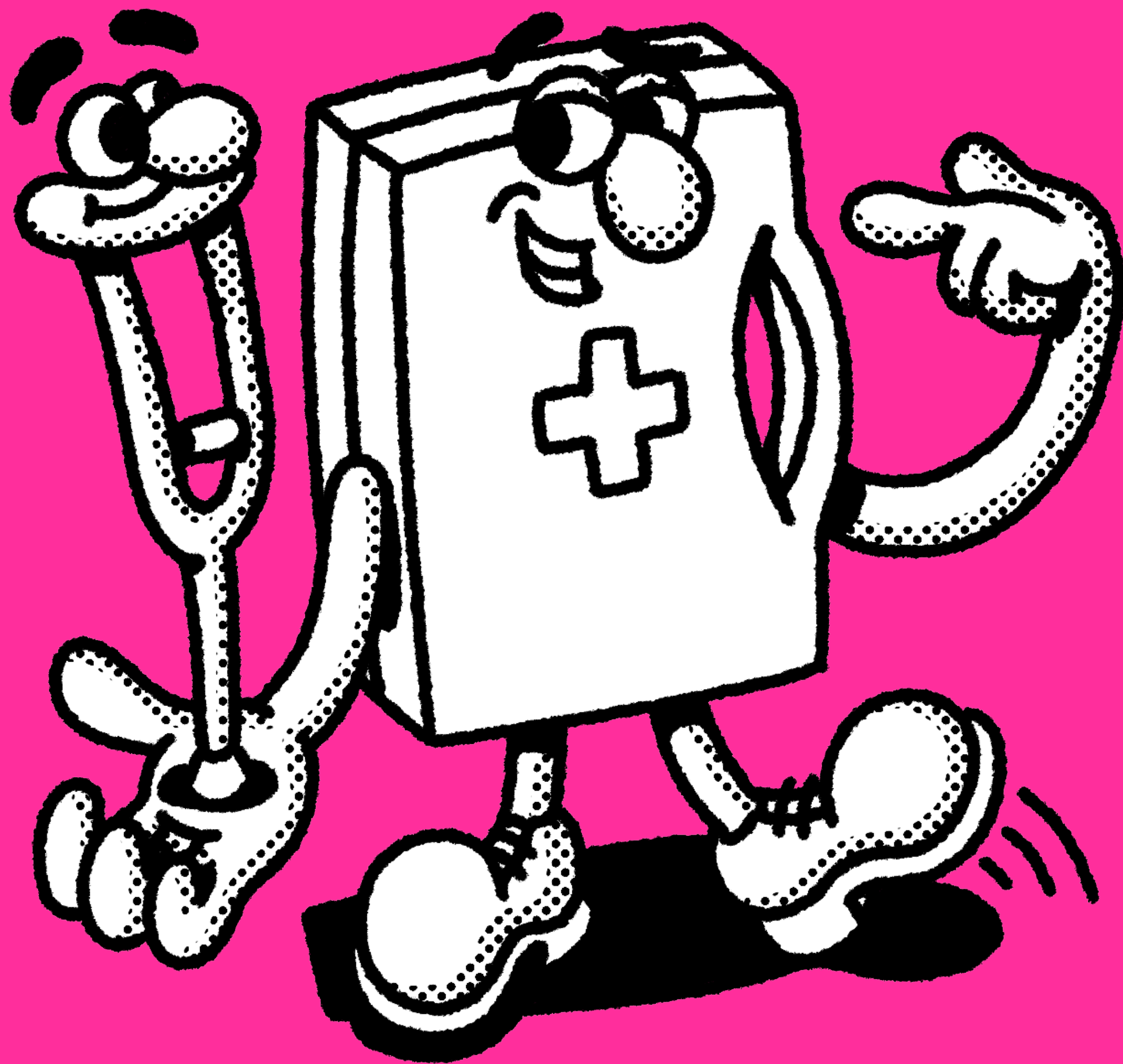


FIRST AID FOR SLIPS TRIPS & FALLS



Spinal or Back Injuries

Bear in mind that any fall of six or more feet or greater often result in spinal injuries.

In the event of a suspected spinal injury, it is recommended to do the following:

- Check for life-threatening conditions like obstructed breathing or severe blood loss
- Don't move the injured party

Head Injuries

Concussions are serious business and are sometimes difficult to detect. It's best practice to get the injured person to the hospital for evaluation.

Be mindful of these key signs:

- Confusion/disorientation
- Drowsiness/sleepiness
- Vision problems
- Severe headaches/nausea/vomiting
- Loss of consciousness

Body Fractures

Follow these steps:

- Keep the injured party calm & still. Look for blood & treat that if needed first. Stabilize and support if injured cannot
- Call 911