A Safe Workplace
A Workplace Safety and Health Manual for Your Community

Only trained first aiders to provide first aid, refer to part 5 of *The Manitoba Workplace Safety and Health Act and Regulations*.

PPE Required: First aid supplies, non-latex gloves.

The following steps should be followed to avoid infections:

1. Remove person from scene of contaminants, wash your hands with soap and water.

2. Remove any clothing gently from the area of the laceration, wet with small amounts of water to loosen any clothing stuck to the wound.

3. Inspect the wound thoroughly in order to establish how deep it is. Gently remove any foreign objects in the cut that are easily accessible.

4. If not deep or bleeding a lot, gently rinse the wound with clean water. Rinse away from the laceration to prevent surface dirt and particles from entering the laceration and to prevent contaminants in the wound from being driven further. Use a large amount of water if available.

5. Gently separate the sides of the cut and inspect thoroughly.

6. Wash with clean soap and water until no other particles can be seen.

7. Pat dry with a clean towel or pad.

8. Apply clean or sterile pad.

9. Wrap tightly with a clean or sterile gauze if available.

10. If there is a lot of bleeding apply firm continuous pressure using a clean or sterile pad and elevate the part if possible. Proceed to the nearest health care facility without delay. Do not apply tourniquet unless a part is near or completely amputated.

11. Do not place any objects into the laceration to assist in removing foreign objects. Do not attempt to remove any larger foreign objects in a cut. Rinse well with water around the object and wrap with a clean or sterile pad and proceed to the nearest health care facility. Keep the foreign body secure in place if possible.