

Occupational Health and Safety: How to keep safe while working in an art studio.

Injury: Fainting/Shock



Bleeding



Burns



No food



Heat Stroke

SAFETY: How to stay safe

Drink plenty of water.
Make sure you stop for food.

Always watch what you are cutting.
Do not walk around with hot liquid.
Do not stand up too quickly after sitting for a long time.

GLOSSARY: Words you need to understand

Fainting Dizzy & weak and short loss of consciousness.

Unconscious Not aware or awake.

Illness Poor health, sickness.

TASK: How to treat fainting/shock

Check for danger

Make sure area is safe.

Response

1. Talk to and touch the person to see if they are conscious.
2. If unconscious go to next step, **Blocked airway**.
3. If conscious, go to step **If breathing**.



Blocked Airway

1. Check airway.
2. Open mouth and remove anything that may cause airway to block.



Breathing

1. Check for breathing.
2. Watch for rise and fall of chest.
3. Listen for breath sounds.
4. Feel chest with hand for rise and fall.



Call Help

1. Dial 000 and ask for ambulance.
2. Notify supervisor & first aid officer.



If no breathing

1. Start Cardio Pulmonary Resuscitation (CPR).
2. The ambulance person on the phone will tell you how to do this.



If breathing

1. Lie person flat on back.
2. Raise legs higher than their chest.



Keep warm

If person feels cold, put a blanket on them.

