



TOOLBOX TALK



TOPIC DISCUSSED:

PRICE











Knowing how to respond to these injuries promptly and effectively can significantly affect the healing process. This guide will explore the essential steps to take when you've sustained a minor injury on-site and how these injuries can be managed at home. By following simple yet crucial protocols, you can ensure proper care, alleviate discomfort, and promote a speedy recovery without needing further medical attention.



QUESTIONS:

1. Why should you apply ice to an injury?
2. Explain why compression is also important.
3. What is the meaning of the acronym PRICE?

TAKE A LOOK AT THE FOLLOWING:

P	R	I	C	E
Protect	Rest	Ice	Compress	Elevate
				
SAFEGUARD your injury against further harm, perhaps by utilising a BRACE OR SPLINT.	Allow your injury to rest for the initial TWO TO THREE DAYS. Consider using crutches if your leg is injured and you still need mobility. Later, reintroduce movement gradually to prevent the loss of muscle strength, which could impede your recovery.	COLD COMPRESS.  This should be done for 15 to 20 minutes every two to three hours to reduce swelling and bruising. Avoid direct contact between the ice and your skin to prevent damage.	Use an elastic bandage or elasticated tubular bandage to compress the injured area. This helps limit SWELLING and movement. Remember to remove the bandage before sleeping. 	Elevate the injured area above the level of your heart and provide support. This will help to maximise the fluid DRAINAGE AWAY from the injury. 

TREATING AN INJURY WITH PRICE CAN LESSEN SWELLING, PAIN, AND HELP YOU HEAL FASTER.

WHAT TO DO WHEN INJURED AT WORK



SEEK MEDICAL ATTENTION

Seeking prompt medical attention is crucial if you're injured in a construction accident, even if your injuries seem minor. Serious symptoms might surface hours or days later. Swift treatment not only aids your recovery.



NOTIFY YOUR EMPLOYER

Employers must follow specific procedures after an accident, which can prevent future incidents. It's vital to report the accident in writing, providing specific details. A detailed report is essential if disputes arise later on.



GATHER INFORMATION

It's important to gather as much information about your accident and injuries as possible. All of this information will help ensure that you're promptly compensated.

