



TOOLBOX TALKS

SUPERVISOR INSTRUCTIONS:

- Use toolbox trainings to encourage safety/environmental discussions during monthly meetings with employees.
- Campus Services' employees should maintain the employee sign-in sheet in their department's safety/environmental compliance binder as a record of training. All other groups should maintain a record of training in accordance with their Division's training procedures.

The moments immediately following an injury are crucial to minimizing the damage done to an injured worker. Emergency room physicians say people often don't know what to do with a body part that's been severed, whether it's a toe, finger, tooth or an eye that has popped out of its socket. Of course, no one wants an amputation or a tooth knocked out at work, but it pays to have the right information on what to do just in case it happens to you. Knowing what to do can help to reduce the impact of the injury.

Severed Fingers and Toes: Keep Cold but NOT Icy

The key here is to keep fingers and toes cold but not icy. Direct contact with ice could give the vessels freezer burn and make reattachment difficult. The proper steps to take are listed below:

- The first thing you should do when a body part becomes detached is control the bleeding. You do this by applying pressure on the wound and elevating it higher than the heart.
- Rinse off the severed finger or toe but don't scrub it. Scrubbing causes blunt force damage.
- Dampen a clean cloth or piece of sterile gauze with cold water and wrap the finger in it.
- Put the wrapped appendage into a plastic bag and put the bag in iced water.
- Keep the severed body part with the injured person. If someone else keeps the finger, that person may become separated from the injured person at the hospital.



Knocked Out Teeth: Keep the Ligament Moist

If a tooth falls out, it's important to keep the ligament trailing off the end of the tooth moist. Here are the proper steps to take:

- Rinse the tooth with milk. Milk is useful because it has a neutral pH. Use water if milk is not immediately available. If you lose a tooth and neither milk nor water is immediately available, "suck off the dirt".
- After rinsing the tooth, place the tooth back in its socket as quickly as possible. To make sure you've put it in correctly, bite down, and it should feel normal.
- If you can't keep the dislodged tooth in place, keep it between the gum and cheek. The ligament trailing off the end of the tooth should be kept moist.
- Get to an emergency room or dentist quickly. The crucial period is an hour.



Dislodged Eyeballs: Don't Push Back in Place

Although an eyeball becoming dislodged is rare it can happen. If your eyeball becomes dislodged, don't try to put it back because you could easily push on the wrong part of the eye and cause even more damage. Here are the proper steps to take:

- Get to an emergency room as soon as possible.
- If possible, call the emergency room when you are in route to make sure an ophthalmologist can be waiting for you.
- The physician will push the eye back in and give you an antibiotic ointment.



Vision will be blurry for a while afterward, but if all goes well, regular vision will return in a couple of weeks.

Questions for Discussion

1. True or False. The moments immediately following an injury are crucial in minimizing the damage done to an injured worker.

Answer: True

2. True or False. Severed fingers and toes should be kept cold but not icy to prevent further damage.

Answer: True

3. Of the following, which substance can be used to rinse a dislodged tooth?

- a. Milk
- b. Water
- c. Soda

Answer: a or b – Milk is preferred but it is ok to use water if you do not have milk on hand.

4. If your eyeball becomes dislodged, it is ok to attempt to push it back into the socket.

Answer: False – If you attempt to push your eyeball back in place, you could easily push on the wrong part and cause more damage.

Credits

- Severed Finger Photo. Retrieved from:
http://www.google.com/imgres?imgurl=http://www.killchrissey.com/images/finger.jpg&imgrefurl=http://www.killchrissey.com/p/rops.html&usq=__RoUkYdjF5Rk293Q_PMdNup88mmg=&h=500&w=634&sz=26&hl=en&start=0&zoom=1&tbnid=NmVH93eJQJUiHM:&tbnh=138&tbnw=192&ei=3TM3TavrF8L58AahrtW1Aw&prev=/images%3Fq%3Dsevered%2Bfinger%26hl%3Den%26biw%3D1277%26bih%3D762%26tbs%3Disch:1&itbs=1&iact=rc&dur=286&oei=3TM3TavrF8L58AahrtW1Aw&esq=1&page=1&ndsp=24&ved=1t:429,r:11,s:0&tx=142&ty=60
- Dislodged Eyeball Photo. Retrieved from:
http://www.google.com/imgres?imgurl=http://s3files.core77.com/blog/images/eyeball-468.jpg&imgrefurl=http://gadgetcrave.com/spy-gadgets/353/&usq=__PRQwU9VhInwifpuFBuv84FK_4WY=&h=333&w=468&sz=18&hl=en&start=0&zoom=1&tbnid=c88IPeXbACCfCM:&tbnh=151&tbnw=158&ei=5i83TdZPEcP78Aa_wty1Aw&prev=/images%3Fq%3Ddislodged%2Beyeball%26hl%3Den%26sa%3DX%26biw%3D1277%26bih%3D762%26tbs%3Disch:1&itbs=1&iact=hc&vpx=627&vpy=408&dur=4867&hovh=189&hovw=266&tx=123&ty=134&oei=5i83TdZPEcP78Aa_wty1Aw&esq=1&page=1&ndsp=23&ved=1t:429,r:15,s:0
- Missing Tooth Photo. Retrieved from:
http://www.google.com/imgres?imgurl=http://2.bp.blogspot.com/_nwAZkIEqUcs/TJsUDoia0bl/AAAAAAAAAL8/Q-BPs5ezPjs/s200/knocked%2Bout%2Btooth.jpg&imgrefurl=http://bestdentalguide.blogspot.com/&usq=__SNJAjFSZ9aQhm7os7Gv36z_OYIq=&h=107&w=124&sz=4&hl=en&start=0&zoom=1&tbnid=fq9L3UbcBYeuM:&tbnh=85&tbnw=99&ei=XDE3TcH_GYT78AaAhrCsAw&prev=/images%3Fq%3Dknocked%2Bout%2Btooth%26hl%3Den%26biw%3D1277%26bih%3D762%26tbs%3Disch:1&itbs=1&iact=hc&vpx=162&vpy=315&dur=936&hovh=85&hovw=99&tx=81&ty=63&oei=XDE3TcH_GYT78AaAhrCsAw&esq=1&page=1&ndsp=25&ved=1t:429,r:6,s:0

SAFETY/ENVIRONMENTAL TOOLBOX TALKS – SEVERED BODY PARTS

- Coulda, Woulda, Shoulda Sign. Retrieved from:
http://www.google.com/imgres?imgurl=http://homelessmanspeaks.files.wordpress.com/2009/12/coulda-shda-wda-dec-20-2009.jpg&imgrefurl=http://homelessmanspeaks.com/tag/sleep/&usq=__kOVPhdaloPvi-kCON58T85r2esA=&h=480&w=480&sz=38&hl=en&start=55&zoom=1&tbnid=96wFixsUH8yX_M:&tbnh=136&tbnw=169&ei=tjQ3TcP2EoSivgPHpLifBA&prev=/images%3Fq%3Dwoulda%2Bshoulda%2Bcoulda%26hl%3Den%26biw%3D1277%26bih%3D762%26tbs%3Disch:10%2C1144&itbs=1&iact=hc&vpx=724&vpy=458&dur=94&hovh=225&hovw=225&tx=130&ty=229&oei=mjQ3TaqPKcT58AaPqaG6Aw&esq=3&page=3&ndsp=26&ved=1t:429,r:16,s:55&biw=1277&bih=762