Report and Care for Puncture Wounds, Lacerations and Abrasions to Avoid Infection

Create the Opening
Standing Reach-Up Quad Stretch
Stand upright and take one step forward. Reach up with both hands, push your hips forward, lean back and then lean away from your back leg. Hold this position for a count of 50. Switch and do the other leg.

Foot Behind Shin Stretch
Stand upright and place the top of your toes on the ground behind you. Push your ankle to the ground. Hold the position for a count of 50 and then switch and do the other leg.

Parallel Arm Shoulder Stretch
Stand upright and place one arm across your body. Keep your arm parallel to the ground and pull your elbow towards your opposite shoulder. Hold the position for a count of 50 and then switch and do the other arm.

Input
Report and care for your injuries properly to avoid infection is just as important as preventing them. If untreated a puncture wound, a simple cut or even an abrasion can turn serious. Keep wounds clean and covered to avoid further problems.

It is very important to use your personal protective equipment to protect yourself from cuts, lacerations and abrasions: The main parts that need protection when on the field are:

- Eyes - Use your goggles or protective eyewear at ALL TIMES.
- Face - Use a face shield when welding or working with any equipment that can harm your face.
- Head - Wear your hard hat at ALL TIMES. This will protect you from falling objects or low overheads.
- Feet - Use safety shoes (work boots) to protect your feet from stepping in nails, falling objects also, etc.
- Hands - Use gloves when working with hot materials (hot metal, welding, saws) or when you're using power equipment that can hurt your hands and fingers.
- Body - Wear vests to alert people driving machinery where you are. This is very important especially if you're working on roads.
- Hearing - Wear earplugs or earmuffs when working with equipment that is extremely loud to protect your hearing. If the average noise per day (8 hour day) is 90 decibels or more, you must wear earplugs or earmuffs. For example, if you work with a cement drill.

Choice
Will I be aware of my surroundings today and use the proper personal protective equipment to be safe on the jobsite?

Now is the time to do the pre-work planning.
Support
Protect yourself; it can save your life.