

# Minor Cuts & Scrapes

## First Aid Basics

A cut, scrape, blister or any break in the skin, can get infected



## If you receive an injury that breaks the skin:

### 1 Stop the Bleeding

Apply gentle pressure using a sterile bandage or clean cloth.

### 2 Clean the Wound

Rinse under water. Avoid hydrogen peroxide iodine or scrubbing, which may increase tissue damage. Remove debris by using clean or sterile tweezers. If this fails seek medical attention to remove dirt/debris.

### 3 Cover It Up

Use an adhesive bandage or sterile gauze.

### 4 Report the injury

Report injury to your supervisor and complete Incident Reporting Form.

### 5 Once at Home

Consider applying a topical antibiotic follow directions as indicated.

### 6 Change the Bandage

Daily, or anytime it gets wet or dirty.

## When to See a Doctor?

- ➔ Signs of infection: redness spreading, swelling, warmth, pain, or drainage
- ➔ Wound is more than ¼ inch deep or gaping
- ➔ If you need a **tetanus shot** (if your last was 5+ years ago & the wound is deep or dirty).

