CrewSigned

First Aid Toolbox Talk

5-minute read-aloud · Last reviewed November 24, 2026

When someone gets hurt, the first few minutes matter most. What we do before the ambulance arrives can decide whether a person keeps a finger, walks again or survives. Today we are going over the basics every one of us needs to know on this job.

Know where things are. Every one of us should know where the first aid kit is, where the eyewash is, and where the fire extinguisher is. If you use something from the kit, tell me so it gets restocked. An empty kit is no help.

Know where you are. When you call 911, the dispatcher needs an exact address or location, including which entrance to use. On a big site or a new subdivision that can be hard to explain under stress. Know it before you need it, and send someone to meet the ambulance and guide it in.

Know who is trained. If there is no clinic or hospital close by, we need someone on site who is trained in first aid. Find out who that is on each shift. If you want the training, ask me.

When someone is hurt, start by making sure the scene is safe for you. Do not become a second victim by walking into energized equipment, a trench collapse, a confined space or traffic. Then check the person. If they are not responding, not breathing normally or bleeding heavily, call 911 right away.

For heavy bleeding, press hard on the wound with a clean cloth or dressing and keep pressing. Do not lift it to check. If blood soaks through, add more on top. Use gloves from the kit if you can, because blood can carry diseases.

Do not move someone who may have a back or neck injury unless they are in immediate danger. Keep them still and calm until help arrives.

For burns, cool the area with clean, cool running water. For chemicals in the eye, flush for at least fifteen minutes. For someone who may be having a heart attack or stroke, call 911 and do not let them drive themselves.

Report every injury, even small ones. A cut that seems minor can become infected, and reports help us fix whatever caused it. Nobody gets in trouble for reporting an injury.

Discussion questions

1. Where is the first aid kit on this job, and when was it last restocked?
2. What is the exact address of this site that you would give a 911 dispatcher?
3. Who on this crew is trained in first aid and CPR, and who would take over if they were not here?

OSHA standard

29 CFR 1926.50, Medical services and first aid
https://www.osha.gov/laws-regs/regulations/standardnumber/1926/1926.50

SOURCES

Best Practices Guide: Fundamentals of a Workplace First-Aid Program (OSHA 3317): https://www.osha.gov/sites/default/files/publications/OSHA3317FIRST-AID.pdf
OSHA Safety and Health Topics, Medical and First Aid: https://www.osha.gov/medical-first-aid

This talk does not replace training that an OSHA standard requires. Scripts are based on OSHA and NIOSH publications and rewritten in plain language.

Safety Meeting Sign-In Sheet

TOPIC
First Aid Toolbox Talk

COMPANY

JOB / SITE

DATE

TIME

PRESENTER

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