



Punch hole and add binding ring here.



#4

WHAT TO DO WHEN SOMEONE IS INJURED

You may be in a place to help when someone is injured. By reading this card now, **you'll know what to do** if anything happens.

The Facts: What you need to **KNOW**

1. Call 911 if it is a **life-threatening** emergency. *A safety committee lead or manager should fill this out:*

2. Where **first aid supplies** are kept:

3. Where you can find an **injury reporting form**:

4. Where the **nearest clinic or hospital** is located:

Next, flip this card over to learn what you need to **do** to stay safe & healthy while volunteering.

Fold here to make a double-sided card.



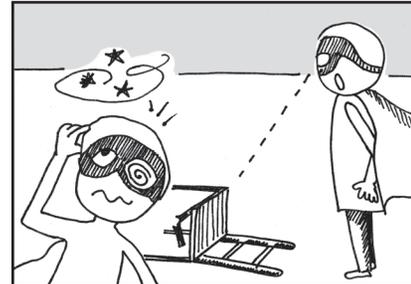
#4

What To Do When Someone Is Injured

The Actions: What you need to **DO**



Follow the 3 C's of first aid: **Check** that the person is stable, **Call** for help, including 911 if necessary, and **Care** for the person until help arrives.



Pay attention to vital information: **when** did the accident happen, **where** did it happen, **who** was involved, and **what** did the person experience? This information may help the person, as well as helping your organization avoid future accidents.



Make sure an accident injury report is completed. If the injured person isn't able to do it, you may have to take the lead on this.



Remember how you are feeling through the accident as a motivator to get more first aid training. Training can reduce stress and increase confidence.



Zap this QR code to watch the short video or learn more about this topic.



www.nonprofitsafetyhero.com/4-injured

Accidents cost money nonprofits can't afford. Help your cause by learning safe practices and following them carefully. Safety matters!



Learn more at: www.nonprofitsafetyhero.com/volunteer

Funding and support for this project has been provided by the State of Washington, Department of Labor & Industries, Safety & Health Investment Projects.