

## Burns

- For severe burns, call 911 immediately and do not attempt to remove charred clothing.
- For minor burns, soak in cold water until the pain stops.
- If the burn covers a large area of the body, apply a cool, wet dressing to the area.
- Do not break any blisters.
- Once the pain is subdued, apply antibiotic ointment or first aid gel to the area and bandage.
- If necessary, seek medical attention for minor burns.
- For chemical burns, flush the affected area with cool water for 15-minutes.
- Use the emergency safety shower for large chemical burns or burns on the trunk or limbs of body.
- Remove all contaminated clothing and accessories.
- Seek immediate medical assistance.

## Animal Bites and Scratches

- Control any bleeding, then thoroughly wash the area with soap and water
- Do NOT apply any medical ointments to the bite wound.
- Cover with a sterile bandage and seek medical attention.
- If injury involves non-human primates (NHP), follow the instructions in the NHP exposure packet.

## Important Safety Resources

### Police, Fire, and Rescue

Dial 911

### Need to see a provider?

During business hours, please scan the QR Code or use the link below to find the nearest clinic by location.



[z.umn.edu/bohd-clinics](https://z.umn.edu/bohd-clinics)

### After Clinic Hours

Go to the nearest emergency department

### Biosafety & Occupational Health Department

501 SE 23rd Avenue  
Minneapolis, MN 55455

(612) 626-5008

[hsrm.umn.edu/biosafety-occupational-health/  
biosafety-occupational-health-department](https://hsrm.umn.edu/biosafety-occupational-health/biosafety-occupational-health-department)

A DEPARTMENT OF  
HEALTH, SAFETY,  
AND RISK MANAGEMENT

# First Aid

*for*

## Laboratory and Research Staff



HEALTH, SAFETY,  
AND RISK MANAGEMENT

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UNIVERSITY OF MINNESOTA

## General Information

For all life-threatening emergencies, **Call 911**

**If you need assistance:**

**Business Hours:** Scan the QR Code or use the link below to find the closest clinic by location.



[z.umn.edu/bohd-clinics](https://z.umn.edu/bohd-clinics)

**After Hours:** Seek medical attention at the nearest emergency department.

Report any incidents to your supervisor as soon as possible and complete an electronic first report of injury form: [z.umn.edu/efroi](https://z.umn.edu/efroi)

Depending on the injury, you may have additional reporting requirements.

## Biohazards and Needlesticks

Exposure occurs when potentially biohazardous materials make contact with the eyes, nose, mouth, or broken skin.

- For needlesticks, squeeze the skin around the area to encourage bleeding, then thoroughly wash with soap and water.
- For other exposures, flood the area with water, and then clean with an antiseptic.
- If splashed in the eye, flush the eyes at the safety eyewash for 15-minutes.
- Seek medical attention immediately for needlesticks or any other exposures to biohazardous materials.

## Chemical Spills and Exposures

The best defense against chemical exposure is prevention. Carefully read the Safety Data Sheets (SDS) before working with an unfamiliar chemical.

Symptoms of chemical exposure are headache, dizziness, throat and respiratory irritation, and drowsiness.

- If you are experiencing symptoms, move outdoors or to a well-ventilated area—away from where the suspected exposure occurred.
- Seek medical attention.
- Close any open containers and move them to the fume hood.
- Evacuate all personnel from the area, if a chemical spill occurs, close the doors to the lab. Do not attempt to clean it up.
- Call UMPD by dialing 911 to report spills and get assistance with clean-up.

## Chemical Splash to Eyes

- Flush eyes at the safety eyewash for at least 15-minutes.
- Remove contact lenses, if you are wearing them.
- Seek medical attention.



## Minor Cuts

Do the following for minor cuts:

- Wash your hands with soap and water before addressing the wound.
- Cleanse the wound with soap and water, then pat with a clean towel to dry.
- Apply antibiotic ointment to the wound, then bandage.
- Seek medical attention, if necessary.

## Severe Cuts and Bleeding

Do the following for severe cuts and bleeding:

- Call 911
- Wash your hands with soap and water prior to assisting the victim.
- Put on protective gloves before administering help.
- Keep the victim lying down or sitting.
- Apply direct pressure to the wound with a clean towel or gauze pad.
- Do not attempt to remove an object that is lodged into the wound area it.
- Keep the wound area elevated above the victim's heart, if possible.
- Once the bleeding is controlled, continue to watch the victim for signs of shock including:
  - Cool, clammy skin
  - Bluish tinge to lips or fingernails
  - Rapid pulse
  - Rapid breathing
  - Nausea or vomiting
  - Enlarged pupils
  - Weakness or fatigue
- Thoroughly wash your hands with soap and water after removing your gloves.