



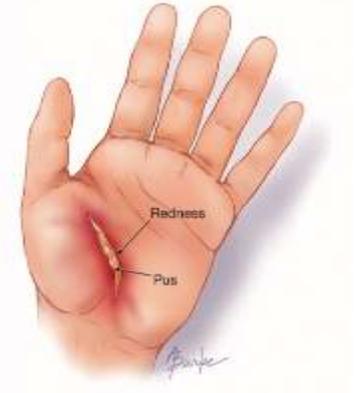
North Carolina Wing Weekly Safety Blast



2018 - Topic #19 – Preventing Infection

Reason for this Blast:

Whether at home, at work, or while enjoying the outdoors, we often find ourselves with minor wounds now and again. While we recognize that all wounds do not require medical attention, do we realize that all wounds, whether a cut, scrape, burn or puncture, do need to be taken care of in order to prevent infection?



Safety Points:

- **Take care of the wound immediately**, because even a minor wound can get infected if bacteria are allowed to build up in the wound site.
- **Clean the wound with soap and water.** Avoid using hydrogen peroxide, or iodine, which can irritate the injury. Irrigate the wound by holding the wound under running water to remove dirt, and use sterile tweezers to remove remaining debris, if needed. If you can't get the wound clean, seek medical attention, because the dirt could trigger an infection. If there is a large object embedded in the wound, leave it alone and seek help.
- When the wound is clean, **apply antibiotic ointment one to three times a day to prevent infection**, and cover it in a sterile bandage. Before reapplying ointment, clean the wound.
- **Change the bandage daily**, and use soap to clean the skin around the wound.
- **If the injury doesn't stop bleeding on its own, use a clean cloth to apply pressure.** Maintain the pressure for 20 minutes while elevating the wounded area, if possible. If bleeding continues after 20 minutes of pressure or spurts out of the wound, seek medical help.
- **Watch the wound to make sure it is healing.** If the wound does not begin to heal or grows red, warm, and/or inflamed, or the skin around it shows red streaks, seek medical care.

MAIN DISCUSSION POINT OF THIS SAFETY BLAST

Infection, even from a small wound, can turn into a big problem!
Be sure that each wound receives the proper care and attention until it is fully healed!