**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 cool wet dressings to that area
- Do not break any blisters
- Once the pain is subdued, seek medical attention
- 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 and limbs of the body
- Remove all contaminated clothing and accessories
- Seek immediate medical assistance

**Animal Bites**
- Control any bleeding, then thoroughly wash the area with soap and water
- Do NOT apply medical ointments to the bite wound
- Cover with a sterile bandage and seek medical attention

**Important Safety Resources**

http://www.d.umn.edu/ehso/EPR

**Police, Fire, and Rescue**
Dial 911

**UMD Quick Care** 726-8666
St. Luke’s OCC. Medicine: 249-6822
Essentia OCC. Medicine: 786-3392

The University of Minnesota is an equal opportunity educator and employer

Fostering innovative programs that promote a culture of safety and environmental excellence

Dedicated To Your Health and Safety
General Information
- If you need minor medical assistance during business hours, go to UMD Quick Care or Call St. Luke’s Occ. Medicine 249-6822 or Essentia Health Occ. Medicine 786-3392 for medical Triage.
- For all life threatening emergencies call 911
- Report any incidents to your supervisor as soon as possible and fill out the first report of injury

Bloodborne Pathogens & Needlesticks
If exposure occurs
- Wash needlesticks and cuts with soap and water.
- Wash splashes to the eye, nose, mouth, or skin with plenty of water.
- Flush splashes to the eyes for at least 15 minutes, or irrigate the eye with saline or sterile irrigants
- Seek medical attention immediately
- Cal the 24-hr Careline at 612-339-3663 or 800-551-0859 (TTY 952-883-5474) you will be directed to appropriate location for care.
- Never recap/reuse needles to minimize your risk of injury

Chemical Exposure
The best defense against chemical exposure is prevention. Carefully read the SDS before working with an unfamiliar chemical
- Symptoms of chemical exposure are listed in the SDS and consist of 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 exposure occurred
- Seek medical attention
- Close any open containers and move them to the fume hood
- If large or highly toxic spills occur, do not attempt to clean it up. Evacuate all personnel from the area, and close the doors the lab
- Call 911 or EHSO X6764 to request spill cleanup at no charge

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

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

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
- With a clean towel or gauze, pad, or apply direct pressure to the wound
- If an object is logged into the wound area, do not attempt to remove it
- If possible, keep the wounded area elevated above the victim’s heart
- Once the bleeding is controlled, continue to watch the victim for signs of shock
- Thoroughly wash your hands with soap and water, after removing your gloves