

**Please note that this sheet can be applied to all CCFMS-affiliated club events and activities.
CCFMS Field Trip and Lapidary Workshop Kits – Health & Safety Sheet
Emergency Response Recommendations**

English version – approved at the 2023 AGM – dated Nov 2023



Both rockhounding field trips and lapidary workshops can present hazards for participants, which may lead to minor or serious injuries or other medical emergencies. Field trip and lapidary workshop leaders can reduce the possibility of medical emergencies during field trips by following all steps in the Field Trip Checklist or when the workshop is in use by following all steps in the Lapidary Workshop Checklist.

Field trip and lapidary workshop leaders should have the following items and be aware of the following on every field trip or during lapidary workshops:

- 1) A first aid kit – ensure it has not expired and be familiar with its contents;
 - i) Ensure that participants are aware of where the first aid kit is located;
- 2) For field trips only, a loud signalling device for emergencies, such as an air horn;
- 3) A fully charged cell phone (so that you can call 911 and make any other emergency calls);
- 4) A copy of both the *CCFMS Calling 911* sheet (make sure you fill in the location information ahead of time) and the *CCFMS Accident/Incident Report* form;
- 5) Knowledge of where the nearest medical facility is and how to get there.

Purchase a first aid kit from a reputable source such as, Canadian Red Cross and St John Ambulance. At a minimum, kits should include the following items:

- sterile gauze pads (dressings) in small and large squares to place over wounds
- adhesive tape
- roller and triangular bandages to hold dressings in place or to make an arm sling
- adhesive bandages in assorted sizes
- scissors
- tweezers
- safety pins
- instant ice packs
- disposable non-latex gloves, such as surgical or examination gloves
- flashlight, with extra batteries in a separate bag
- antiseptic wipes or soap
- pencil and pad
- emergency blanket
- eye patches
- thermometer
- barrier devices, such as a pocket mask or face shield
- coins for pay phone
- Canadian Red Cross or St John Ambulance first aid manual

Someone with **First Aid Certification** is a definite asset on field trips or during lapidary workshop activities. If a field trip leader or a lapidary workshop leader is not a certified first aider, they should determine if anyone in the group is certified and let them take charge in an emergency situation.

It is **CRITICAL** that first aid be administered **ONLY** at a level consistent with your skill and training. First Aid Certification – in Canada – is provided by Canadian Red Cross and St John Ambulance.

In an emergency situation where there are no certified first aiders present, the following tips suggest what an **UNCERTIFIED** person can do to assist a patient:

- 1) **Take charge and assess the scene:**
 - i) After assessing the scene, offer first aid only if it does not endanger the safety of the first aider;
 - ii) To the extent possible, remove anything that might result in further injury to the patient or someone providing first aid (such as broken glass, old nails, toxic chemicals, sharp metal objects, etc);
 - iii) Ask others to help if needed;
 - iv) Ask the patient for consent before you attempt to provide any first aid. Consent is implied if the person is unconscious.

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- 2) **Only administer first aid at a level consistent with your skill and training;**
 - i) You may help a patient retrieve medications but you must let them take the medications on their own;
 - ii) You may also assist a patient to use an *EpiPen*® Auto-Injector if the patient is incapacitated.
- 3) **If the injury or medical emergency is minor** (such as cuts, scrapes, sprained ankle) **apply very simple first aid** using reasonable care (such as clean and apply a sterile dressing to a cut), and transport the patient to the nearest medical facility, if additional medical attention is necessary.
- 4) **If the injury or medical emergency is serious** (such as head, neck, or back trauma; broken bones; serious bleeding; heart attack), **apply very simple first aid** using reasonable care (such as apply pressure to a wound to stop blood flow – do not use a tourniquet unless you are trained to do so);
 - i) **Do not move the patient, unless absolutely necessary** to avoid further injury to the patient.
- 5) **Call 911 immediately if the injury or medical emergency is serious – and follow any instructions the first responders provide:**
 - i) When calling 911, be able to describe your location well enough for first responders to find you. Use the information on the site location that you filled in on the *CCFMS Calling 911* sheet to communicate pertinent information for first responders;
 - ii) If there is no cell phone service, dispatch someone to a location with cell coverage, or use a land line to call 911 (ensuring that that person reports back to you), while you wait with the patient for first responders to arrive;
 - iii) Remain with the patient until first responders arrive; keep the patient calm and as comfortable as possible.
- 6) Ensure that you fully complete the *CCFMS Accident/Incident Report* form.

Under *Good Samaritan* legislation in Manitoba, Ontario, and Québec, someone exercising reasonable care while voluntarily providing medical assistance to a person in need is not liable for any harm they may cause **unless** they are grossly negligent. **Thus, only administer first aid at a level consistent with your skill and training.**

First Aid Training – Certification

As mentioned above, there are only two organizations in Canada that are accredited and authorized to provide **CERTIFIED** first aid training – Canadian Red Cross and St John Ambulance.

First aid certification courses include hands-on (practical) training, an exam, and a certificate. Links for their courses are:

- 1) Canadian Red Cross Certification Courses: [Training and Certification – Canadian Red Cross](#)
- 2) St John Ambulance Certification Courses [First Aid Training and Certification | St John Ambulance](#)

First Aid Training – Awareness

Further information is available via online videos that can provide some first aid **awareness** and enhance your first aid knowledge. First aid awareness courses are **NOT** a substitute or a replacement for formal / official practical first aid certification training. Simply watching these online video courses does **NOT** certify anyone.