



WHAT IS FIRST AID?

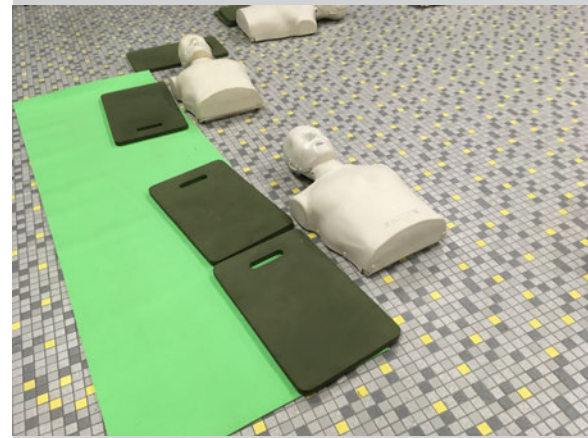
First aid refers to a wide range of initial treatment given to an injured individual at the site of the incident. This can cover minor cuts and abrasions to larger responses such as CPR. In-depth training and knowledge is not required to give first aid. However, first aid training is important to give you the tools to best help the injured party and protect yourself from contact with potential bloodborne pathogens in the process. Training is required for certain positions at the University and encouraged for all others.

WHAT IS CPR?

CPR stands for cardiopulmonary resuscitation and is a form of first aid. It is an emergency procedure combining chest compressions and often rescue breaths for individuals in cardiac arrest. If done correctly, CPR can help to preserve brain function until normal heart rhythm can be re-established through the use of an AED (automated external defibrillator). Prior training is important to understand the mechanics of giving effective, life saving CPR in an emergency.

WHAT TO DO!

- Sign up for CPR and First Aid training through Physical Education and Recreation at rec.uoregon.edu/firstaid. This knowledge could save a life someday!
- Know the location of the first aid kit and the closest AED to your work area! If you do not, consult the UO AED map at <https://map.uoregon.edu/aeds>.
- Report any personal on the job injuries to your supervisor immediately!



Sign up for CPR / First Aid training.



Know the location of the closest first aid kit.



Know the location of the closest AED. Consult the UO AED map.

