



First aid measures in the laboratory

Chemical in the eye	• Rinse the eye immediately- while holding it open- with a gentle shower (avoid high pressure) or water for at least 15 min. • Remove contact lenses. • The position of the eye should be down and to the side. • Do NOT use bandage and do not rub the eye. • Wear eyeglasses on your way to the emergency medical centre and take 2 bottles of eye rinse with you. <i>NB: Alkali chemicals (e.g. ammonia) are not painful but can cause serious problems (due to high pH).</i>	Legevakten/ Emergency Medical Center Tlf: 116 117 Add.: <u>Trondheimsveien 233 (Aker sykehus)</u>
Chemical swallowing	• Remove any residue from mouth and rinse mouth. • Give something to drink, water or milk. • Do NOT induce vomiting (in case of chemical swallowing petroleum derivative, highly corrosive substance or organic solvent) <i>Should inform the doctor, which chemical was swallowed.</i>	
Chemical on the Skin	• Rinse the affected area with water at least 20 min. • Do NOT use strong stream. • Do NOT neutralize the burn with acid or base or put antibiotic	
Chemical inhalation	• Remove the person to fresh air. Ensure airways are clean. • In case of stopped breathing start artificial respiration. <i>Should inform the doctor, which chemical/gas was inhaled.</i>	
Cuts and puncture wounds	• Wash your hands to avoid infection. Clean the wound with a wound cleaner. • Apply a band aid/ Norgesplaster. • For larger cuts, try to stop the bleeding and go to the emergency medical centre for stitches. • If skin around cut/puncture wound turns red/purple, see a doctor immediately (chemical contamination?)	
Burns:	• Remove the cause of the burn. • Flush burn area immediately with cool running water (15-20 degree) for at least 15 min, before seeking emergency care. Do not use salves, or cream. • Bandage the burn with sterile gauze bandage. • Flush again if needed. <i>The usual sources are: HCl, H2SO4, NaOH, H2O2, AgNO3.</i>	Ring 113 if: The burn is larger than 3 cm and/or cannot be controlled. Ambulance Call : 113
Heart Stop	• Call emergency 113 • Start CPR (cardiopulmonary resuscitation), with emphasis on heart and chest. • Get the defibrillator from across the Expedition	Ambulance Call : 113
Diabetes	• <u>Cause is due to low blood sugar:</u> Give the person sugar or something sweet (not a diet drink or food). Continue giving every 15 minutes. • <u>Cause is due to high blood sugar:</u> Seek medical help. Give the person sugar free fluid.	
Epileptic seizure	• Stay with the person. Keep the person safe (away from harm). • If they are not awake and wake turn the person on their side. • Keep air very clear. Put something under their head.	
All accidents have to be reported within 3 days. Contact HSE coordinator		