

# 1-19-2026 – ToolBox Talk – What to do in a Medical Emergency

A medical emergency is defined as an acute injury or illness that poses an immediate risk to a person's life or long-term health, sometimes referred to as a situation risking "life or limb".

Examples of medical emergencies are:

Heart Attack.

Stroke.

Severe allergic Reaction.

Choking.

Seizures.

Respiratory Distress.

Non-medical emergencies are defined as non-urgent problems that individuals may be referred to a Family Health Clinic for evaluation and treatment. Examples of non-medical emergencies are:

Sprained knee, ankle, or arm.

Minor headache.

Pulled muscle.

Controlled nosebleed.

Small cuts.

Recognizing the signs and symptoms of a medical emergency is the first crucial step in providing adequate care. Prompt action can mean the difference between life and death, as many complications require immediate intervention to prevent further complications or even fatality. By understanding the common signs of medical emergencies, you can be better equipped to identify and respond to these critical situations.

An "**immediate**" call to 911 should occur if the following signs or symptoms are observed:

Difficulty breathing or not breathing at all.

Chest pain.

Unconsciousness or unresponsive.

Sudden dizziness, difficulty speaking or change in mental status (Confused or odd behavior).

Heavy bleeding that cannot be controlled.

Drowning, choking, severe burns, or a hit to the head.

What to do until help arrives:

If hazards are present, protect yourself, the patient, and others around you.

Do not allow the patient leave when signs of distress are evident.

Remain calm, calm and reassure the patient.

Do not move the patient unless safety dictates.

If bleeding, use direct pressure (with the use of bloodborne pathogen personal protective equipment).

Perform CPR. If performed without a current certification, The Good Samaritan Act provides legal protections for individuals who provide reasonable assistance for those they believe are in peril.

Actions associated with the SCS First Report of Injury policy:

Seek necessary medical care for the individual. Dial 911 for medical emergencies or Call the Nurse Triage Line – 1-844-334-6477 for medical direction on non-urgent medical issues.

Notify the individuals supervisor.

Supervisors will then notify Humans Resources.

Complete the First Report of Injury.

When in doubt, Call 911 and have the employee evaluated by trained medical professionals. This ensures the highest level of care for our employees.

***By Clicking "Mark as Read" - you are acknowledging you have read this entire (opened appropriate attachments) ToolBox Talk and understand this is company policy and will abide by regulations outlined in this safety policy. Please complete your acknowledgement within 24 hours of release. If you are receiving this notice, you are***

***REQUIRED to read this content.***

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