



Toolbox Talks

A WEEKLY HANDY GUIDE FOR YOUR SAFETY MEETINGS

Preventing Shock

More people die each year from shock than they do from the accident or injury they experienced. Quick action by rescuers can minimize injuries and save lives. Shock can be caused by any condition that reduces blood flow, such as heart problems, heavy bleeding, dehydration, infections, severe allergic reactions, and spinal injuries.

Symptoms of shock:

- Cool, moist, pale or ashen-colored skin
- Weak or rapid pulse
- Shallow or labored breathing
- Dilated pupils
- Nausea and/or vomiting
- Tremors
- Unconsciousness
- Confusion

Treating shock:

- First, check airway, breathing and circulation. If not breathing, start rescue breathing
- Call 911
- Speak to victim to try determine level of consciousness
- Loosen restrictive clothing
- Keep victim warm (maintain body heat)
- Control obvious bleeding
- Check for head and neck injuries
- If victim vomits, turn on their side if no injuries found

Discussion questions:

1. What causes shock?
2. What are the signs or symptoms of shock?
3. What is the treatment for shock?

Meeting note:

Employee comments/concerns: _____

Other safety issues to be addressed on the job/facility: _____

Training record:	Date: _____	Jobsite/Facility: _____	
	Trainer: _____	Title: _____	
Employee name (print)	/ (signature)	Employee name (print)	/ (signature)
_____	/	_____	/
_____	/	_____	/
_____	/	_____	/

(Continue recording signatures on a separate sheet of paper)

Employee Quiz is provided on last page. Answers are: 1 (d), 2. (b), 3. (a), 4. (b), 5. (a)



Recognizing & Preventing Shock

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Treating Shock

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TEXAS CONSTRUCTION ASSOCIATION WORKERS' COMP SAFETY GROUP

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Employee Quiz

Topic: Preventing Shock

Employee Name: _____

Circle the correct answer below.

- | | |
|--|---|
| <ol style="list-style-type: none">1. When treating a person in shock you should do which of the following:<ol style="list-style-type: none">a. Loosen restrictive clothingb. Control obvious bleedingc. Call 911d. All of the above2. Is confusion a symptom of shock?<ol style="list-style-type: none">a. Nob. Yes3. When treating someone for shock should you check for head and neck injuries?<ol style="list-style-type: none">a. Yesb. No | <ol style="list-style-type: none">4. Less people die each year from shock than they do from the accident or injury they experienced.<ol style="list-style-type: none">a. Trueb. False5. Shock can be caused by any condition that reduces blood flow, such as heart problems, heavy bleeding, dehydration, infections, severe allergic reactions and spinal injuries.<ol style="list-style-type: none">a. Trueb. False |
|--|---|

Training record: Date: _____ Jobsite/Facility: _____
Trainer: _____ Title: _____