


Work Health Safety: Safe Work Practice: Personal & Medical

Skin tears – first aid response

 Risks	Risk Level	Risk Controls
Infection of people from clients blood and other fluids	Likelihood: B Consequence: 3 Rating = HIGH	<input checked="" type="checkbox"/> Wear gloves <input checked="" type="checkbox"/> Provide prompt first aid as per this Safe Work Practice
Infection of client from open wound	Likelihood: B Consequence: 3 Rating = HIGH	<input checked="" type="checkbox"/> Provide prompt first aid as per this Safe Work Practice
Client/staff emotional distress due to fear of serious health problems or lack of confidence in first aid response	Likelihood: C Consequence: 4 Rating = MODERATE	<input checked="" type="checkbox"/> Provide prompt first aid as per this Safe Work Practice with staff providing necessary reassurance to client and Coordinator supporting staff.

Equipment required:.

<i>Mercy Services equipment</i>	<i>Others equipment</i>
<p>First aid kit (<i>all Mercy Services vehicles and Community Care Assistants are supplied with a first aid kit</i>). Staff who work with people likely to have a skin tear should ensure their first aid kit contains:</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> sterile salt water <input checked="" type="checkbox"/> sterile gauze squares <input checked="" type="checkbox"/> atraumann dressing <input checked="" type="checkbox"/> melolite <input checked="" type="checkbox"/> combine pad <input checked="" type="checkbox"/> crepe bandage <input checked="" type="checkbox"/> micropore tape <p>Worker to wear <u>footwear</u> that is fully enclosed, slip resistant sole, water repellent/resistant and provides adequate support.</p> <p>Personal Protective Equipment required: mobile phone, disposable gloves</p>	

Activity	Worker behaviour	Client/other's behaviour
1. Assess likelihood that client's skin may easily tear	Skin tears can occur anywhere on the human body, and are most common in the elderly as their skin is often fragile and easily bumped or torn. Tears are often due to the fact that as we age, we do not regenerate our skin layers as well as we do in our earlier years, other risk factors include certain medications such as blood thinners e.g., warfarin or aspirin.	Clients should consult with their Doctor to find out if there are precautions they should take to avoid skin tears.
2. Assess whether an ambulance is required	If the skin tear is deep and/or bone or tendon is visible, it may require suturing. If this is the case, the wound should be covered quickly and a firm bandage applied to prevent further trauma or bleeding. Elevate the limb and	Worker should ensure that other clients are kept away from the situation and that their needs are attended due

Activity	Worker behaviour	Client/other's behaviour
	request an ambulance (call 000 [or 112 on a mobile phone]).	during this first aid situation.
3. Prepare to treat wound	<ul style="list-style-type: none"> Wash your hands Open your first aid pack. Wash your hands Don gloves Reassure the client 	Client to sit still, and engage in distracting conversation with worker and not look at the wound as this may distress her/him
4. Treat wound	<ul style="list-style-type: none"> Flush the wound with the sterile salt water Wipe around the edges of the wound with gauze. Gently taking care not wipe across the wound as this may cause further damage to the skin tissue. 	Client to sit still, and engage in distracting conversation with worker and not look at the wound as this may distress her/him
5. Cover the wound	<ul style="list-style-type: none"> Apply the atraumann carefully to cover the wound. Apply the melolite to the wound with the shiny side facing down Carefully wrap the crepe bandage around the affected area Please check that it is not too tight by asking the client and observing his/her body language grimacing etc. 	Client to sit still, and engage in distracting conversation with worker and not look at the wound as this may distress her/him Client to tell worker if crepe bandage feels to tight
6. Follow-up	<ul style="list-style-type: none"> If after applying this simple first aid you notice that the area is bleeding excessively and has come through the bandage then seek nursing assistance more urgently. If it is after normal business hrs it is necessary to have the client attend an after hrs GP Clinic or hospital accident and emergency Dept. Document the incident and report it to your Coordinator immediately Request the Coordinator make a referral to Mercy Community Nursing who will aim to review skin tear within 48 hours. 	Client to tell worker if further bleeding or pain is felt

As at 07/06/17 this Safe Work Practice is authorised for use in:

<i>Service</i>	<i>Position</i>
Community Transport	Driver
Day Centre	Activity Officer and Coordinator
Home Care Packages	Community Care Assistant
Home Support Program/NDIS	Community Care Assistant
Residential Aged Care	Assistant in Nursing

Date for review of safe work practice: June 2020 (or if injury or changes require)

COMPETENCY ASSESSMENT

Skin tears – first aid response

Employee _____

Assessor _____

Date _____

Desired Outcome:

Skin tears are to be managed quickly so as to avoid prolonged bleeding, help prevent infection and also reduce pain from such an injury. The overall aim is to speed up wound healing and help reduce scarring.

Knowledge required:

Staff must have a first aid certificate

Performance Criteria	Competence demonstrated	Comment
Assess likelihood of client having skin tear		
Worker is aware that factors are:		
<input type="checkbox"/> age		
<input type="checkbox"/> blood thinning medications		
Assess whether ambulance is required		
Worker is aware to call ambulance if bone or tendons are visible		
Wound covered		
Firm bandage applied		
Wounded limb elevated		
Prepare to treat wound		
Wash your hands		
Open your first aid pack		
Wash your hands		
Don gloves		
Reassure the client		
Treat wound		
Flush the wound with the sterile salt water		
Gently wipe around the edges of the wound with gauze.		
Cover the wound		
Apply the atraumann carefully to cover the wound.		
Apply the melolite to the wound with the shiny side facing down		
Apply the combine pad.		
Carefully wrap the crepe bandage around the affected area		
Check with client that bandage is not too tight		

Follow-up		
If after applying this simple first aid you notice that the area is bleeding excessively and has come through the bandage then seek nursing assistance more urgently.		
Document the incident and report it to your Coordinator immediately		
Request the Coordinator make a referral to Mercy Services Community Nursing		

Is the worker assessed as being competent? YES NO

Any required follow up action/training:

Signature of employee..... Date.....

Signature of assessor Date.....