



Shock: Prevention and Treatment

What this Toolbox Talk Covers:

- ✓ The “Dos” and “Don’ts” for preventing and treating shock on a construction site.

Discussion Notes:

- ✓ Discuss the outcomes of the “Dos” and “Don’ts.”

- Do**
- Know the main causes of shock:
 - o Significant loss of blood
 - o Heart failure
 - o Dehydration
 - o Severe and painful blows to the body
 - o Severe burns
 - o Severe allergic reactions
 - If you suspect that a person is experiencing or at risk for shock:
 - o Lay the worker on his or her back in a shaded or indoor area (as long as the worker can be moved safely)
 - o Loosen clothing at the neck, waist or other areas where it may be binding
 - o Prevent chilling or overheating. If using a blanket to prevent chilling, and a tourniquet has been applied, try to leave the tourniquet exposed.
 - o If you can safely do so, elevate the worker’s feet higher than the level of his or her heart.
 - o Reassure the worker that you are there to help him or her. Try to keep the worker calm.
 - o See medical attention for the worker.

- Don’t**
- Elevate a worker’s legs if he or she has a head injury, abdominal injury or broken leg.
 - Give the worker food or drink during the treatment or prevention of shock.
 - Neglect to follow the above procedures if a worker shows any of the following signs/symptoms:
 - o Clammy skin that is sweaty, but cool
 - o Pale skin
 - o Restlessness or nervousness
 - o Thirst
 - o Confusion
 - o Increased breathing rate
 - o Nausea and/or vomiting
 - o Blotchy or bluish skin, especially around the mouth and lips

Discussion questions:

1. What symptoms of shock should workers be aware of?
2. What might make a worker go into shock?

Meeting notes:

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. (c), 2. (b), 3. (b), 4. (d), 5. (c)
 Toolbox Talks safety information provided by Texas Mutual Insurance Company.



Employee Quiz

Shock: Prevention and Treatment

Employee Name: _____

Circle the correct answer below

1. Which of the following is NOT a sign/symptom of shock:
 - a. Clammy skin
 - b. Increased breathing rate
 - c. Irritability
 - d. Confusion

2. If you suspect a co-worker could be going into shock, which of the following is true:
 - a. You should immediately get him or her something to eat and drink
 - b. You should seek medical attention for him or her
 - c. You should wrap him or her in a blanket, no matter what the temperature is
 - d. All of the above

3. A significant loss of blood does not increase a worker's risk for shock.
 - a. True
 - b. False

4. Which of the following is an example of something that could lead to shock?
 - a. Dehydration
 - b. Severe burns
 - c. Severe allergic reactions
 - d. All of the above

5. If you can safely do so, the best way to position someone who is in or is at risk for shock is:
 - a. With both hands elevated above the heart
 - b. With the left hand elevated above the heart
 - c. With the feet elevated above the heart
 - d. B & C

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