



**MONDAY, 5/5/2025 TOOLBOX TALK:**

# FIRST AID VS MEDICAL

**Did you know most minor injuries on the job — about 90% — can be treated with first aid right on site?**

## WHY IT MATTERS FOR WORKERS:

- First aid helps you recover faster by avoiding long clinic or ER wait times.
- No prescriptions, no side effects, no time off work.
- Keeps you on the job and earning your full wages.

## WHY IT MATTERS FOR EMPLOYERS:

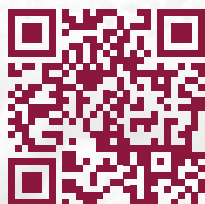
- Unnecessary medical claims can raise insurance costs.
- Too many claims can hurt a company's ability to win future work.
- Keeping claims low helps job security and company growth.

First Aid:	Medical Treatment:	Difference:
Over-the-counter meds like ibuprofen (not prescribed)	Prescription-strength meds (even if it's just ibuprofen)	If a doctor prescribes ibuprofen in doses above non-prescription strength, it's considered medical treatment. This applies to all over the counter medication.
Bandages, steri-strips, cleaning wounds	Stitches or sutures	A single stitch is considered medical treatment.



This information was provided by On-Site Health & Safety, which provides 24-hour mobile first aid injury response and other services.

For more information:



## ACTION STEPS

- Report all injuries immediately
- Know what counts as first aid vs. medical
- When in doubt, ask your supervisor or safety lead

**Smart treatment protects you and the team. Let's keep each other safe and on the job.**