

# Safety Fact Sheet



The Utah Safety Council cares about your safety outside of the work setting. We offer resources that keep you and your loved ones safe at home, at play and on the go.

## WHAT TO DO IF A POISONING OCCURS

If you suspect someone has ingested poison

1. Remain calm
2. Call 9-1-1 if you have a poison emergency and the victim has collapsed or is not breathing.
3. If the victim is awake and alert, call (800) 222-1222 the Utah Poison Control Center for instructions
4. Try to have this information readily available:
  - Symptoms
  - Victim's age and weight
  - Container or bottle of the poison if available
  - Amount of product involved (overestimate rather than underestimate)
  - Time of the poison exposure
  - Address where the poisoning occurred
  - Any first aid measures already performed
5. Stay on the phone and follow the instructions from the emergency operator or poison control center.
6. Do NOT induce vomiting unless advised by the poison control center or physician, because this can often aggravate the poisoning or cause long-term damage.
7. If a poisonous substance has contacted the skin, rinse the skin with running water for 15 minutes and remove any contaminated clothing.
8. If a poisonous substance has contacted the eyes, irrigate eyes by holding the lids open and pouring cool water on the eyes for 15 minutes. Do not rub eyes or place the head directly under a faucet.

*Source: Utah Poison Control*