



SAFETY UNLIMITED, INC.

Weekly Safety Meeting

First Aid Awareness

The OSHA First Aid standard requires trained first-aid providers at all workplaces of any size, if there is no “infirmary, clinic, or hospital in near proximity to the workplace which is used for the treatment of all injured employees.”

When an accident happens, a first aid program that meets the requirements of the law and is tailored to the type and size of the workplace can literally make the difference between life and death, or between recovery and permanent disablement.

Supervisors should have information readily available that lists emergency contacts in case of a serious injury. The emergency notice should state the phone numbers of the closest ambulance service, fire/rescue unit, police station, and hospital. The amount of time it takes to look up one of these important numbers can make a big difference to a seriously injured person. The location of first aid equipment and rescue equipment should also be posted prominently.

If an employee is expected to render first aid as part of his or her job duties, the employee is covered by the requirements of the Occupational Exposure to Bloodborne Pathogens standard.

Before Injuries Occur:

There are multiple things every worker should be aware of when it comes to providing first aid even if he or she is not one of the employees directly responsible for responding to injuries. Some key points every worker should be aware of:

- Understand what is expected if you come upon an injured worker. (Discuss your company’s policies/procedures.)
- Understand what actions you would need to take if you are injured yourself.
- Know who to call and how you can reach them in every type of emergency situation. (Radio/ phone/ voice, etc.)
- Ensure you know a secondary person to contact in case the primary contact is not around.
- Ensure you are able to explain your location when you call for help so assistance is not delayed.
- Know where emergency equipment is located in your work area.

The First Rule:

Whenever you encounter a first aid situation the first step is to get control of yourself so you can calmly assess the situation, provide direction, and make decisions with a cool head. If the injured person is conscious, help keep him or her calm with reassurance that he or she will be all right and

that help is on the way. If you provide any first aid, tell the injured person what you are going to do and why.

First Aid Equipment and Supplies:

First aid equipment and supplies should be stored where they can be reached quickly and easily in case of an accident. These supplies should be inspected frequently, making sure they are kept in sanitary and usable condition and re-stocked after use. Larger workplaces may need more than one, fully equipped first aid kit.

A specific example of the minimal contents of a workplace first aid kit is described in American National Standards Institute ANSI Z308.1 - 2003, Minimum Requirements for Workplace First Aid Kits.

With such a wide variety of treatments falling under the umbrella of first aid, OSHA does not have strict requirements for the materials a first aid kit should contain.

- As a starting point, OSHA directs employers to American National Standard ANSI/ISEA Z308.1, "Minimum Requirements for Workplace First-aid Kits."

Instead, the agency advises in its Best Practices Guide: Fundamentals of a Workplace First-Aid Program, that each employer designate one person the responsibility of choosing the types and amounts of first aid supplies, as well as maintaining them and the kit.

Remember:

The best-case scenario is that you are never part of having to respond to an emergency or give assistance to an injured coworker. For many workers this unfortunately will not be the case. At some point it is very likely you will have to play a role in getting assistance for an injured coworker.

Understand ahead of time what the plan is for different injuries.

Make sure you have a backup plan if the go-to plan will not work. This knowledge can make the difference in saving a coworker's life.

YOUR BEST FIRST AID IS JOB SAFETY!!

Safety Meeting Sign-In Sheet

Supervisor:	Subject:
Location:	Date:
Conducted By:	Trainer Signature:

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