

OSHA requires a workplace that is safe and healthy, but injuries and emergencies will never be completely eliminated. Having good first aid awareness throughout your company can be the difference between life and death.

## FIRST AID REQUIREMENTS AND PROCEDURES

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Per OSHA, employers must ensure prompt first aid treatment for injured employees. If the work location is not within near proximity of a medical center (infirmary, clinic, or hospital), then the employer must have at least one person on duty at all time that is certified in First Aid.

It is important that the employee who is trained in first aid is the only one to administer first aid, unless he asks another employee for help. There are many dangers that are involved with administering first aid that the trained first aid employee will be knowledgeable of.

American Red Cross First Aid Steps:

1. Assess the scene to make sure it is safe to perform first aid.
2. Obtain consent from injured if they are awake and responsible.
3. If injured is unresponsive, yell and tap on shoulder to try to gain their attention.
4. Call 911 if necessary, obtain first aid kit.

Staying calm and collected during first aid situations is crucial. Panicking will only make the victim more paranoid and make communication harder. All unnecessary people should be removed from the scene to help calm the situation.

## FIRST AID KIT CONTENTS

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Except for logging operations, OSHA does not set forth requirements for first aid kits. It is a good idea to build your first aid kit around your specific operation. Some common items that should be included in the first aid kit are:

- Adhesive bandages and tape
- Antibiotic ointments
- Burn treatment
- Cold packs
- Nitrile gloves
- Sterile pads
- Eye Wash
- Scissors

