

FIRST-AID, CPR TRAINING AND KITS



Although every effort must be made to prevent accidents from occurring, if an injury does occur, a combination of employees trained in first aid and cardiopulmonary resuscitation (CPR), and available first-aid supplies may be required to prevent further injury or to save lives.

FIRST-AID, CPR TRAINING AND KITS



TRAINING

The Occupational Safety and Health Administration (OSHA) requires that at least one employee in workplaces not in near proximity to a hospital or emergency response be trained to render first aid and that adequate first-aid supplies be available.

OSHA has typically interpreted near proximity to mean three to four minutes of response time in areas where serious accidents are possible. In areas where the likelihood of serious injury is more remote, such as office buildings, a 15-minute response time is acceptable.

Consideration should also be paid to employees working alone. Solitary workers may not be capable of administering aid or calling for emergency services, which could increase response times. See Chapter 32, Lone Worker for more information.

Employers should survey sites and locations for hazardous activities and emergency response times. If necessary, employers should determine whether employees need to receive first-aid and CPR training. This may include employees working in remote locations.

Additionally, all employees in the specific area where chainsaws are used or those on a confined space rescue team are required to undergo first-aid and CPR training.

Given the training required for employees who use a chain saw, in addition to the PPE requirements, it is recommended that chain saw work be done by trained public works or highway employees, or a third party.

Other than the noted circumstances above, OSHA standards do not detail training content or refresher guidelines. Employers, therefore, determine the frequency of training, the trainers used and content of the training.

In any case, it is important that trained employees know how to respond should an event occur. Any trainers should be knowledgeable in the subject matter and should be available for questions. First-aid and CPR training should include a skills demonstration and

evaluation component where results are documented and retained.

FIRST-AID, CPR TRAINING

In the case of employees conducting confined space rescue or who use a chain saw, OSHA requires that all individuals be trained in first-aid and CPR. At least one employee on the team must maintain an active first-aid and CPR certification with the American Red Cross, American Heart Association or the National Safety Council. To maintain this certification, the individual must complete required refresher training every two years from a certified instructor.

FIRST-AID KITS AND AEDs

Employers are required to provide medical supplies corresponding to the hazards of the workplace. An examination of the work tasks and equipment should help better define the types and amounts of supplies that should be made available.

All first-aid kits should be checked periodically.

These inspections should include restocking of used items and removal of expired products.

Some items have printed expiration dates; others, such as adhesive bandages, typically do not. If the package shows signs of aging or the

seal is broken, the items should be discarded. This applies to all first-aid kits whether in buildings or in vehicles.

Over-the-counter medicine, such as painkillers, antacids and cold medicines, are sometimes stocked in first-aid kits. Consideration should be given to the potential risks to providing this type of medicine to employees. Risks include undesired side effects, such as drowsiness, allergic reactions and overdosing.

If over-the-counter medication is included in first-aid



First-aid kit

kits, employers should institute safeguards, such as including only sealed, single dose, tamper-evident packaged medication with appropriate labeling that employees can review to make an informed decision upon use.

An automatic external defibrillator (AED) is a device that measures a person's heartbeat and if necessary sends an electric shock to restore the heartbeat to a normal rhythm. Although not required by OSHA, these tools can be valuable for first aid and improve survivability when compared to using CPR alone.



Automatic external defibrillator

If an AED is available, the device should be periodically inspected for battery life, pad expiration or signs of tampering. If it is stored in a public area, it should also be added to a national registry of AEDs. This process can be done at no charge at multiple online registries, such as *Minnesota.nationalAEDregistry.com*.

Further safety rules and regulations regarding first-aid and CPR training and first-aid kits can be primarily found in OSHA Standards 29 CFR 1910.151, Medical Services and First Aid; and OSHA Publication No. 3317, "Fundamentals of a Workplace First-Aid Program" available at *OSHA.gov*.

MINIMUM FIRST-AID KIT RECOMMENDATIONS

Even though there are no mandatory requirements for first-aid kits other than the the first-aid kit required on location at logging (chainsaw use) sites, employers have some options regarding first-



aid kit contents. The contents of any first-aid kit should address the hazards of the workplace. Employers should reference the American National Standards Institute (ANSI) standard Z308.1-2015 regarding the contents of first-aid kits. These components are a recommended minimum and may need to be altered to accommodate different workplace hazards.

The recommended minimum contents from the ANSI standard are as follows:

- Adhesive bandages, 1 x 3 inches (16)
- Adhesive tape, 2.5 yards (1)
- Antibiotic treatment, 0.14 fl. oz. (0.5g) applications (10)
- Antiseptic, 0.14 fl. oz. (0.5g) applications (10)
- Breathing barrier (1)
- Burn dressing, 4 x 4 inches (1)
- Burn treatment, 1/32 oz. (0.9g) applications (10)
- Cold pack, 4 x 5 inches (1)
- Eye coverings (2)
- Eye wash, 1 oz. (1)
- First-aid guide (1)
- Hand sanitizer, 1/32 oz. (0.9g) applications (6)
- Medical exam gloves (4)
- Roller bandage, 2 inches x 4 yards (1)
- Scissors (1)
- Sterile pads, 3 x 3 inches (2)
- Trauma pads, 5 x 9 inches (2)
- Triangular bandage, 40 x 40 x 56 inches (1)



FIRST-AID, CPR TRAINING AND KITS CHECKUP

ITEM	YES	NO	ACTION ITEM
Has a workplace assessment been made identifying the need for first-aid and CPR training and kits?			
Are employees on a confined space rescue team or who use chain saws first-aid and CPR certified with valid certificates?			
Have other employees been trained on first aid and/or CPR as needed?			
Are records retained and stored documenting the training and that demonstrations and evaluations were completed successfully?			
Are first-aid kit contents suitable for the potential injuries at the given workplace?			
Are first-aid kits present and periodically checked for restocking and disposal of expired products?			
If providing AEDs, are these inspected regularly for battery life, expiration dates and evidence of tampering?			
Are AED units that are located in public spaces added to the national registry of AEDs?			