

FIRST AID TOPICS:

- Recognizing an Emergency
- Deciding to Help
- Personal Safety
- Infectious
- Bloodborne Diseases
- Standard Precautions
- Consent
- Implied Consent
- Abandonment
- Good Samaritan Laws
- Emergency Action Plans
- Poison Help Line
- Primary Assessment
- Recovery Position
- Choking
- Nosebleed

- Hemostatic Dressings
- Internal Bleeding
- Shock
- Amputation
- Impaled Objects
- Open Chest Injury
- Open Abdominal Injury

- Spinal Injury
- Brain Injury
- Concussion
- Manual Spinal Motion Restriction
- Swollen, Painful, Deformed Limb
- Splinting



• **Requirements for First Aid and CPR Supplies: OSHA does not have a minimum requirement, but references ANSI Z308.1-2003 *Minimum Requirements for Workplace First Aid Kits*. A BASIC WORKPLACE FIRST AID KIT SHOULD INCLUDE:**

- one absorbent compress, 32 sq. in. (81.3 sq. cm.) with no side smaller than 4 in. (10 cm)
- At least 16 adhesive bandages, 1 in. x 3 in. (2.5 cm x 7.5 cm)
- One roll of adhesive tape, 5 yd. (457.2 cm) total
- At least ten packets of antiseptic, 0.5g (0.14 fl. oz.) applications
- At least six applications of burn treatments, 0.5 g (0.14 fl. oz.)
- Two or more pairs of medical exam gloves (latex or non-latex)
- At least four sterile pads, 3 in. x 3 in. (7.5 x 7.5 cm)
- One triangular bandage, 40 in. x 40 in. x 56 in. (101 cm x 101 cm x 142 cm)
- Four 2x2 inch, Two 3x3" &
- One 4x4 inch bandage compresses
- One eye patch
- One ounce of eye wash
- One chemical cold pack, 4x5 inch
- Two roller bandages, two inches wide
- One roller bandage, three inches wide
- CPR barrier device

These items are intended to be the minimum for a workplace first aid kit. Depending on the potential for injury, a more complete kit may be necessary. OSHA recommendations do not include (AED), but current emergency cardiac care guidelines from the American Heart Association recommend AEDs in most public places.

OSHA STANDARD: 1910.151(a) The employer shall ensure the ready availability of medical personnel for advice and consultation on matters of plant health. 1910.151(b) In the absence of an infirmary, clinic, or hospital in near proximity to the workplace which is used for the treatment of all injured employees, a person or persons shall be adequately trained to render first aid. Adequate first aid supplies shall be readily available. 1910.151(c) Where the eyes or body of any person may be exposed to injurious corrosive materials, suitable facilities for quick drenching or flushing of the eyes and body shall be provided within the work area for immediate emergency use.

