

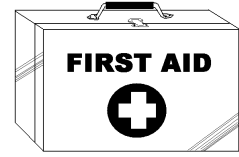


Company Name: \_\_\_\_\_ Job Site Location: \_\_\_\_\_

Date: \_\_\_\_\_ Start Time: \_\_\_\_\_ Finish Time: \_\_\_\_\_ Foreman/Supervisor: \_\_\_\_\_

**Topic 86: The First Aid Kit**

**Introduction:** During a serious injury situation, the first aid kit becomes the most vitally important toolbox on the jobsite. Even if your people have had the finest first aid skills training available, these talents are mostly negated by the lack of emergency medical supplies to use when most needed.

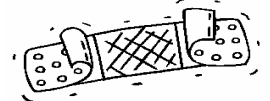
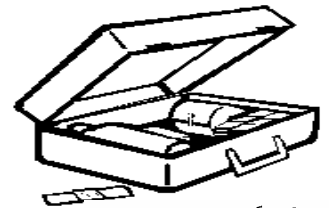
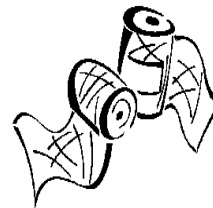


**The OSHA rule states:** "First aid supplies shall be easily accessible when required. The contents of a first aid kit shall be placed in a weather proof container with sterile, individually sealed packages for each type of item and shall be checked by the employer before being sent out on each job and at least weekly on each job to ensure that the expended items are replaced." OSHA 1926.50 (d) (1&2) In the event of an emergency medical situation caused by a serious injury accident, proper and prompt treatment can greatly reduce the severity of the injury and possibly prevent the death of a co-worker.

**The suggested contents of an excellent first aid kit include:**



- **Decent quality** first aid handbook with illustrations. This is your important quick reference guide.
- **PPE:** 3-Pair latex gloves; surgical masks, dust masks, or other needed face protection; clear eye protection or face shield.
- **Large,** sterile gauze pads (6 each: 2X2's, 3X3's, and 4X4's), compress dressings, 3 each.
- **Rolled gauze** bandages: 2" and 3" wide, 3 each; large box assorted "band-aids".
- **Two** elastic wrap bandages (ace wrap).
- **Alcohol,** peroxide, alcohol swabs, antiseptic spray and ointment, burn gel or cream, pain relief tabs, cotton balls and Q-tips.
- **Surgical** or athletic tape; 1" and 2" wide, 2 each.
- **Good quality** eye-wash solution, with eye cup. Liquid antiseptic hand soap.
- **Blunt-nose** surgical scissors, tweezers, safety pins, and a snake-bite kit.



**Basic first aid rules:**

- **Do not move** an injured person unless necessary to prevent further injury.
- **Keep the** accident victim warm and dry.
- **Keep the** injured person quiet and lying flat on his back.
- **Check the** victim's airway, breathing, and circulation (ABC's). Keep his head level with his body.
- **Do not give** liquids to a person that is not fully conscious.
- **Remember that** you have an emergency response plan to follow – use it.
- **Send someone** to call the paramedics or ambulance (before calling, have key details such as: type of injury, exact location of where the injury victim is, and if available, the number of a co-worker's cell phone).
- **Instruct the caller** where to send the ambulance. Be clear, calm, and concise as to the location, and the best route to take.
- **Send someone** to meet and direct the ambulance so valuable time is not wasted.
- **Stop heavy bleeding** by applying pressure with a large compress bandage and keep the injured arm or leg elevated.
- **Follow procedures** for blood-borne pathogen policy.
- **If the victim** is not breathing, begin CPR if you are properly trained.
- **Never exceed** your level of first aid training!



**Conclusion:** Although no official inventory list exists, thoughtful consideration should be given to the specific working conditions the people will be directed to and adjustments to your company's first aid supplies should be made. Knowing what to do in a medical emergency is important, but so is knowing what not to do. Be sure you always know where your first aid kit is.

**Work Site Review**

Work-Site Hazards and Safety Suggestions: \_\_\_\_\_

Personnel Safety Violations: \_\_\_\_\_

**Employee Signatures:** \_\_\_\_\_  
*(My signature attests and verifies my understanding of and agreement to comply with, all company safety policies and regulations, and that I have not suffered, experienced, or sustained any recent job-related injury or illness.)*

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**Foreman/Supervisor's Signature:** \_\_\_\_\_

*The first aid information provided is intended to be general in nature and is based upon the "best available" guidelines. No results either general or specific are represented or guaranteed. These guidelines do not supercede local, state, or federal regulations and must not be construed as a substitute for, or legal interpretation of, any OSHA regulations.*