



OSHA's First Aid Standard

OSHA requires that your employer provide you with a safe and healthy workplace that is reasonably free of occupational hazards. However, even in the safest environments, accidents can happen. Therefore, it is essential to have first aid supplies available.

First aid is emergency medical attention administered immediately after an injury or sudden illness occurs and at the location where it occurred. First aid is provided before emergency medical treatment is available or while waiting for medical personnel. A first-aid provider is someone who is trained to provide limited emergency medical treatment using the supplies and equipment in the first aid kit.

OSHA's First Aid Standard (29 CFR 1910.151) requires trained first-aid providers at all workplaces that are not in near proximity to an infirmary, clinic, or hospital. First-aid kits are required on all sites.

For first aid to be available, a first-aid kit with adequate supplies must be maintained in an area readily available for emergency access. First-aid kits might differ from jobsite to jobsite depending on the size of the site and the kinds of hazards that are present. The person in charge of maintaining the first-aid kits should determine how many kits are needed, whether to supplement kits with additional equipment or supplies, and should periodically reassess the jobsites and the contents of the kits.

Anyone providing first-aid care must:

- Understand the legal aspects of providing first-aid.
- Learn to use universal precautions to protect themselves from bloodborne pathogens.
- Learn how to perform CPR and use an automated external defibrillator (AED).

Whether you are trained in first aid or not, you may need to go to the first-aid kit now and then-maybe for tweezers to remove a splinter, or to get a bandage to cover a small wound. Regardless of the reason, think first! Hepatitis B, HIV, and other nasty diseases can be spread by contact with blood. Use disposable tweezers or sterilize them before and after you use them. If you're bleeding, have someone else open the kit and get the bandage so you don't bleed on everything.

First aid really can mean the difference between life and death-whether on the job, at home, or at the ballpark. Check the first-aid kits and then take a first-aid class or at least learn CPR.



SAFETY REMINDER

Preventing accidents and injuries is the best strategy. Follow all safe work practices to avoid needing first aid in the first place.