

Worksite: _____ Instructor: _____ Date/Time: _____

Topic C086: First Aid Kit (Basic)

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

The first aid kit is useless if you don't know where it is!

Know the location of your first aid kit, and be familiar with its contents and how to use them.

Basic first aid rules:

- Know the location of your first aid kit.
- Be familiar with the contents of the kit, and how to use them.
- 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/her back.
- Check the victim's airway, breathing, and circulation. Keep the victim's head level with his/her body.
- Do not give liquids to a person that is not fully conscious.
- Remember to follow your emergency response plan.
- 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, a contact number).
- 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 safety.
- If the victim is not breathing, begin CPR if properly trained.
- Never exceed your level of first aid training!

NOTE: *Always notify management whenever the first aid kit is accessed, or whenever first aid is administered.*

Conclusion: Although no official inventory list exists, thoughtful consideration should be given to the specific hazards that workers are exposed to at the job and adjustments to your company's first aid supplies made. Be sure you always know where your first aid kit is located.

Employee Attendance: (Names or signatures of personnel who are attending this meeting)

These guidelines do not supersede local, state, or federal regulations and must not be construed as a substitute for, or legal interpretation of, any OSHA regulations.