



## FIRST AID BASICS

Contractors are required to have at least one person on the worksite with first aid training. However, it is a good idea for everyone to have some basic knowledge of first aid.

All jobsites must have a readily accessible first aid kit that meets ANSI standards (ANSI Z308.1-2015). Keep in mind that ANSI standards are minimum. You may need to supplement your kits with additional supplies and equipment based on your access to emergency medical services or to handle severe injuries, injuries to multiple patients or CPR on more than one person.

To ensure the safety of everyone on your jobsite:

- Maintain your first aid kits in a place that is accessible to everyone. All contractors should know the location of the kits. Never lock them up.
- Inventory your first aid kits regularly to ensure emergency supplies are ready. Designate someone to be responsible for maintaining and restocking the kits.
- Make sure all contractors know who the first aid responders are on their jobsite and how to contact them. There should be a first aid responder for each shift, including holidays.
- Make sure the first aid responder is easy to identify. Usually a sticker on the safety helmet will suffice.
- Provide at least one accessible phone that dials out to 911.
- Keep enough PPE on hand.

Keep a bloodborne pathogen protection kit with your first aid kit. This kit should include nitrile exam gloves, eye protection, an apron and CPR shield/mask.

### FIRST AID RESPONSE:

- Immediately contact your on-site first aid responder.
- If necessary, have someone call 911.
- Remove the hazard from the victim if it is safe to do so. Do not move the victim unless it is absolutely necessary (i.e., patient is in immediate danger).
- Remain with the victim and give reassurance. Unless you absolutely need to signal or call for help, stay with the person at all times.
- Once you've established that the victim is breathing and has a pulse, look for bleeding. Your first priority should be to stop any bleeding. Use direct pressure on a wound before trying any other method to manage the bleeding.
- Make the person as comfortable as possible, but do not move the injured person's head or prop it up on a pillow.
- Do not give the victim food or drinks. It is appropriate to moisten their lips if they need it.
- Do not allow the person to smoke.

These are just a few things each person should know about first aid. While most of us won't be the designated first aid responder, there may be instances where you will need to step in until the first responder arrives.



**Company Name:** \_\_\_\_\_

**Project #/Name:** \_\_\_\_\_

**Meeting Date:** \_\_\_\_\_

**Meeting Location:** \_\_\_\_\_

**Person Conducting Meeting:** \_\_\_\_\_

**Items Discussed**

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**Problem Areas or Concerns**

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**Attendees**

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**Comments**

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