

FIRST AID

IS A SAFE BET



by John V. Carvalho III

Nobody wants to think about accidents happening, but the reality is that they do happen and often it is in the workplace. The real question is if an accident actually does happen at your business, are you and your staff ready?

According to the Occupational Safety and Hazard Administration (OSHA), “all workers have a right to a safe workplace” as well as an expectation that the workplace is in compliance with all OSHA standards.” One of those standards is having an emergency kit on site in case of an accident. That kit should be commensurate with the hazards of the workplace.

For example, let’s say you work in an office where the heaviest item you might lift would be a box of copier paper. What kind of accidents could you encounter? Cuts? Bruises? Perhaps an occasional fall. Your emergency kit should be prepared to address those accidents. On the other hand, a workplace where workers are dealing with potentially

hazardous materials or have to lift heavy items would have to have additional first aid supplies. Either way, to have a truly safe work environment means to always be prepared for what accidents may occur.

At OSHA’s minimum standards, the emergency kit should contain:

- Various Gauze pads (at least 4 x 4 inches).
- Various adhesive bandages (band-aids).
- One package gauze roller bandage at least 2 inches wide.
- Wound cleaning agent such as sealed moistened towelettes.
- Scissors.
- At least one blanket.
- Tweezers.
- Adhesive tape.
- Latex gloves.
- Resuscitation equipment such as resuscitation bag, airway, or
- Pocket mask.
- Two elastic wraps.
- Splint.
- Directions for requesting emergency assistance.

The other part of the OSHA requirements is not only having an adequate first aid kit, but somebody on staff trained to provide that aid.

“The Occupational Safety and Health Administration’s (OSHA’s) medical services and first aid regulation, 29 Code of Federal Regulations (CFR) 1910.151(b) states, “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.”

Having basic training in first aid is not as daunting as it may sound. Nobody expects that you will have the knowledge of a doctor, nurse or other medical professional. It is not your job to make a diagnosis, prescribe medicine or perform surgery. What is necessary is having just enough knowledge and supplies easily on hand that can help a person involved in an injury to be safe and maybe even comfortable until professional medical assistance arrives.

“ Having basic training in first aid is not as daunting as it may sound. Nobody expects that you will have the knowledge of a doctor, nurse or other medical professional. ”

While OSHA mandates that one person in your workplace have training, there is much to be gained by having several members, if not all, of your staff trained in basic first aid. There are also many resources out there for your staff members to receive training and be certified.

The American Red Cross is one organization that offers OSHA-compliant first aid/CPR/AED training. The cost of the class is \$110 per person. Part of the training is done virtually online, the rest in a classroom session.

Of course, there are other organizations that provide this training. Thumbtack.com is a website you can use to find a first aid training class near your business.

While everyone can certainly benefit from first aid training, it is really a necessity for people and staff in certain work environments such as schools, factories, warehouses and restaurants where accidents, whether minor or rising to the level of life-threatening can be a common occurrence.

Accidents will always happen and are a part of life, but without properly trained individuals and the right first aid equipment what may begin as a simple injury can end up being much more severe. So, when considering your office and workplace needs, being safe is always better than being sorry. A little time and investment will keep everyone safer in the long run.

John V. Carvalho, III is the president of Apollo Safety, Inc. Veteran-owned, Apollo Safety specializes in gas detection products and services for portable and stationary systems. For information, please visit www.gasmonitorinstallation.com or call 800-813-5408.

DEALING WITH DEADLY GASES? DEPEND ON GAS DETECTION EXPERTS



It's critical to keep your gas detection monitors maintained up to the manufacturer's specifications

**Trust the company
trusted by
Fire Departments
throughout
New England.**

*Our team of
manufacturer
certified technicians
service monitors from
industry leaders such as:*

- Industrial Scientific
- Honeywell
- Scott
- RAE Systems
- RKI Instruments
- MSA

**Trust the Experts....
Trust Apollo Safety!**



Apollo Safety
Leaders in Safety Technology

BOSTON • FALL RIVER, MA • STRATFORD, CT

Call 800-813-5408 Today

**To schedule a FREE review of your gas detection!
www.apollosafety.com**