

Tool Box Talk

FIRST AID

FEBRUARY 2014

When an accident happens, a first aid program that is tailored to the type and size of the workplace and meets all the legal requirements can literally make the difference between life and death, or between recovery and permanent disablement.

Every place of employment requires a first aid box containing standard supplies, a manual, a register and emergency information. The location of first aid equipment and supplies should be posted prominently and stored where they can be reached quickly and easily in case of an accident. These supplies should be inspected frequently, making sure they are kept in sanitary and usable condition and re-stocked after use. Larger workplaces may need more than one, fully equipped first aid kit.

Supervisors should have information readily available that list emergency contacts in case of a serious injury. The emergency notice should state the phone numbers of the closest ambulance service, fire/rescue unit, police station, and hospital. The amount of time it takes to look up one of these important numbers can make a big difference to a seriously injured person.

In isolated worksites, emergency supplies and an action plan are especially important. If first aid is not given properly, it can sometimes hurt rather than help an injured or ill person, or even be harmful to the person giving the first aid. All workers should know where the emergency first aid equipment is located, and what medical professional or medical facility should be contacted if a medical emergency should occur.

These are simple objectives to administer when providing First Aid to an injured person until professional help arrives:

- Make sure you and the victim are not in any danger
- Maintain individual breathing
- Maintain blood circulation
- Prevent continued loss of blood
- Prevent or treat for shock
- Contact the nearest medical services ASAP

The provincial legislation outlines a summary of First Aid Requirements in Table 9 (page 262) and Required Contents of a First Aid Box in Table 10 (page 264) of the Occupational Health and Safety Regulations.

Summary of First Aid Requirements

Workers	Close (1/2 hour or less to medical facility)	Distant (1/2-2 hours to medical facility)	Isolated (More than 2 hours surface transport to medical facility, or normal mode of transport is aircraft)
1	Minimum	Minimum	Minimum
2-4	Minimum	Minimum plus: Blankets, stretcher & splints Class A attendant and supplies for high hazard work	Minimum plus: Blankets, stretcher & splints Class A attendant and supplies for high hazard work
5-9	Minimum plus: Class A attendant and supplies for high hazard work	Minimum plus: Class A attendant and supplies Blankets, stretcher & splints	Minimum plus: Class A attendant and supplies Blankets, stretcher & splints
10-20	Minimum plus: Class A attendant and supplies	Minimum plus: Class A attendant and supplies Blankets, stretcher & splints	Minimum plus: Class A attendant and supplies Blankets, stretcher & splints
21-40	Minimum plus: Class A attendant and supplies	Minimum plus: Class A attendant and supplies Blankets, stretcher & splints	Minimum plus: Class B attendant and supplies for high hazard work Class A attendant and supplies for other work Blankets, stretcher & splints
41-99	Minimum plus: Class A attendant and supplies	Minimum plus: Class B attendant and supplies for high hazard work Class A attendant and supplies for other work Blankets, stretcher & splints	Minimum plus: Class A attendant for low hazard work EMT for high hazard work Class B attendant and supplies for other work Blankets, stretcher & splints
100+	Minimum plus: 2 Class A attendants and supplies	Minimum plus: First aid room 1 EMT and 1 Class B attendant and supplies for high hazard work 2 class A attendants and supplies for other work Blankets, stretcher & splints	Minimum plus: First aid room 1 EMT and 1 Class B attendant and supplies for high hazard work 2 class A attendants and supplies for low hazard work 2 Class B attendants and supplies for other work Blankets, stretcher & splints

