

First aid courses should be taught by a qualified instructor.

Description

Prompt, properly administered first aid can mean the difference between life and death, rapid versus prolonged recovery, or temporary versus permanent disability.

In the United States, injuries of all types represent the single most important health problem. Estimates of work-related fatalities may exceed 10,000 workers per year, while work-related disabling injuries number approximately 1.8 million. Almost 35 million lost workdays occur each year due to nonfatal injuries. The direct and indirect costs of these injuries are estimated to be \$47 billion per year.

The outcome of occupational injuries depends not only on the severity of the injury, but also on the rendering of first aid care.

Objectives

After your training program, the trainees should be able to:

- Understand the principles of responding a health emergency,
- Learn to recognize injuries, and
- Understand how to assist trained first aid providers.

Audience

This training session is directed for all employees in the workplace. Even if the employee is not trained to render first aid, he or she must know how to recognize health emergencies, where first aid kits are located, and how to contact trained first aid personnel.

Requirements

The minimum OSHA requirements are:

- Medical personnel must be available for advice and consultation on occupational health matters.
- In the absence of an infirmary, clinic, or hospital in near proximity to the workplace that is used for the treatment of all injured employees, a person or persons shall be adequately trained to render first aid.
- That adequate first aid supplies shall be readily available.

- Where the eyes or body of any person may be exposed to injurious corrosive materials, suitable facilities for quick drenching or flushing of the eyes and body shall be provided within the work areas for immediate emergency use.

OSHA recognizes a maximum emergency response time three to four minutes for life-threatening injuries.

The following regulation relates to this topic:

29 CFR 1910.151 – Medical services and first aid