

First Aid Kits

Toolbox Talk

Worksite emergencies can happen quickly. There may not be time to think, therefore, reaction time is critical. By planning ahead with an Emergency Action Plan (See our website, www.servicelloyds.com for more information on developing an Emergency Action Plan), reaction time can be improved and the outcome changed. A vital part of that plan is the first aid kit. A properly stocked and easily accessible first aid kit can mean the difference between life and death. First aid kits can be custom-made or purchased commercially.

Development

Before purchasing a standard first aid kit or attempting to put one together, an assessment of each work area must be completed to determine the types of first aid likely to be needed. To provide a picture of the basic types of injuries, check the company accident logs. Also, look around the work area for hazards; sharp, pointed objects that can cut or puncture, hot surfaces or chemicals that can cause burns, heavy moving objects that can cause crushing injuries, and sources of electricity that can cause electrical shock. Environmental hazards such as insects, poisonous plants, and sun and heat exposure should also be considered. Safety Data Sheets will give first aid recommendations for treatment of exposures to chemicals used in the workplace. A good first aid kit will contain items to treat specific hazards in the environment.

The following list sets forth the minimally acceptable number and type of first-aid supplies for first-aid kits based on recommendations from the American National Standards Institute (ANSI):

- 1 ea. Absorbent Compress, 32 sq. inch (No side smaller than 4 inch)
- 16 ea. Adhesive Bandages, 1" x 3"
- 1 roll Adhesive tape, 3/8" x 5 yd.
- 10 ea. Antiseptic Applications, 0.5g application.

- 6 ea. Burn Treatment Applications, 0.5g application.
- 4 ea. Sterile Pads, 3" x 3" min.
- 2 pro Medical Exam Gloves
- 1 ea. Triangular Bandage, 40" x 40" x 56" min.

In addition to the above minimum contents, a kit should have optional items added based upon specific workplace hazards. The selection of additional supplies should be made by consulting with a health care professional or a person competent in first aid who is knowledgeable of the hazards found in that specific workplace. Recommended contents include oral analgesics, antibiotic treatments, compress bandages, CPR barriers, burn dressings, cold packs, eye covers, eyewash, and a roller bandage. The result of the work area assessment will help determine the quantity as well as the type of items in the first aid kit. The frequency and severity of previous injuries and the hazards in the work area provide information about the quantity of items to stock. If cuts or severe lacerations were common previous injuries or are likely to be experienced, be sure to stock plenty of adhesive bandages, roller gauze, and gloves. Most items can be purchased at local drug stores or through various manufacturers. All items need to be individually wrapped to remain sterile – re-sealable plastic baggies work well. Arrange the contents so that the needed items can be found quickly without unpacking the entire kit.

If it is reasonably anticipated that employees will be exposed to blood or other potentially infectious materials while using first aid supplies, employers are required to provide appropriate personal protective equipment. No matter how big or small the first aid kit is, it is important to remember to check the kit regularly for product expiration dates (especially with ointments and medicines) and restock after each use.

Source: Texas Department of Insurance, Division of Workers' Compensation

Disclaimer: The content in this presentation represents only the views of the presenter. Examples and content within are purely hypothetical and are used for illustrative purposes only and are not intended to reflect Service Lloyds policy or intellectual property.

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Training Log

Company Name: _____

Name of Trainer: _____

Date of Training: _____

Employee Name (printed)	Employee Signature

Source: Texas Department of Insurance, Division of Workers' Compensation

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