

Great Western Painting

First Aid

EMERGENCY MEDICAL RESPONSE

Should an injury occur that requires an ambulance to transport an injured employee to a physician or hospital, the below listed actions will be taken in order given:

1. Call 911 or the emergency response number posted on the job site.
 - a. If the absence of 911 service, the telephone numbers of physicians, hospitals, or ambulances will be conspicuously posted with our emergency phone numbers.
2. Provide any medical assistance you are trained and certified to do. **DO NOT** provide any medical assistance you are not trained to do.
3. Designate an individual to direct the emergency responders to the injured person and provide Material Safety Data Sheets if applicable.
4. Notify the competent person who, in turn, will notify the office.

FIRST AID & FIRST AID KITS

29 CFR 1926.50 Medical services and first aid.

Should a medical emergency occur, other than minor scrapes and bruises, and it is serious enough to call for professional medical assistance, you should call the Emergency Response Number posted on the job site bulletin board. Before the first aid providers arrive, to the extent possible, clear the way so they can reach the injured employee in the most direct way possible.

In the absence of medical assistance that is reasonably accessible in terms of time or distance (more than 3 or 4 minutes) to the worksite, a person who has a valid certificate in first aid will be available to render first aid and provide treatment to injured employees.

A first aid provider will be on all job sites. Other employees will not expose themselves to blood or other bodily fluids of other employees at any time.

First aid providers must have a valid certificate in first aid training from the U.S. Bureau of Mines, the American Red Cross, or equivalent training that can be verified by documentary evidence.

Per OSHA, first aid is limited to:

- a. Using a non-prescription medication, such as aspirin, at non-prescription strength.

- b. Cleaning, flushing or soaking wounds on the surface of the skin;
- c. Using wound coverings such as bandages, Band-Aids™, gauze pads, etc.; or using butterfly bandages or Steri-Strips™.
- d. Using hot or cold therapy.
- e. Using any **non-rigid** means of support, such as elastic bandages, wraps, non-rigid back belts, etc..
- f. Using temporary immobilization devices while transporting an accident victim (e.g., splints, slings, neck collars, back boards, etc.).
- g. Drilling of a fingernail or toenail to relieve pressure, or draining fluid from a blister.
- h. Using eye patches.
- i. Removing foreign bodies from the eye using only irrigation or a cotton swab.
- j. Removing splinters or foreign material from areas other than the eye by irrigation, tweezers, cotton swabs or other simple means.
- k. Using finger guards.
- l. Using massages.
- m. Drinking fluids for relief of heat stress.

If an employee is injured and emergency responders have been called, stay calm and reassure the injured employee that help is coming.

Below is basic first aid for various common job site injuries. Mostly, it is what **not** to do.

MINOR BURNS

(Redness or blisters over a small area)

Flush with cold water; apply a sterile dressing.

Do not use butter on any burn.

Do not break open blisters.

MAJOR BURNS

(White or charred skin; blisters and redness over a large area; burns on face, hands, or genital area)

Cover with sterile dressing and seek medical attention promptly.

Do not apply salves, ointments or anything else.

Do not break blisters.

CHEMICAL BURNS
(Spilled liquid or dry chemical on skin)

Liquid - Flush with large amounts of water immediately
(keep water flow gentle).

Dry - Brush as much off as possible before flushing with water.

After flushing at least 5 minutes, cover with sterile dressing.

Seek medical attention promptly.

Do not use anything but water on burned area.

Do not break open blisters.

EYE - FOREIGN OBJECT
(Object visible; feeling of something in the eye)

Have patient pull upper eyelid over lower eyelid.

Run plain water over eye.

If object does not wash out, cover both eyes with a gauze dressing.

Seek medical attention promptly.

Do not rub the eye.

EYE - WOUNDS
(Wound on eyelid or eyeball; pain;
history of blow to eye area; discoloration)

Apply loose sterile dressing over both eyes.

Seek medical help immediately.

For bruising, cold compress or ice pack may relieve pain and reduce swelling.

Do not try to remove any embedded object.

Do not apply pressure to eye.

EYE - CHEMICAL BURN
(Chemical splashed or spilled in eye)

Flush immediately with water over open eye for at least 10 minutes
(20 minutes if alkali). It may be necessary to hold patient's eyelid open.

**NOTE: In work situations where a possibility of eye (or body) exposure to
corrosive materials exists, suitable facilities for quick-drenching or
flushing will be provided in the immediately work area.**

Cover both eyes with sterile dressing.

Seek medical help immediately.

Do not put anything but water in eye.

HEAT EXHAUSTION

(Fatigue; weakness; profuse sweating; normal temperature; pale clammy skin; headache; cramps; vomiting; fainting)

Remove from hot area.

Have victim lay down and raise feet.

Apply cool wet cloths.

Loosen or remove clothing.

Allow small sips of water if victim is not vomiting.

HEAT STROKE

(Dizziness; nausea; severe headache; hot dry skin; confusion; collapse; delirium; coma and death)

Call for immediate medical assistance.

Remove victim from hot area.

Remove clothing.

Have victim lay down.

Cool the body (shower, cool wet cloths)

Do not give stimulants.

When dealing with any injury, stay calm and never do anything unless you know what you are doing.

First Aid Kits:

The first aid kit containers will be weather proof. Their contents will be checked before being sent to a job site and at least weekly thereafter.

First aid kits and first aid supplies are worthless if not readily accessible. Therefore, they will not be locked up on job sites.

First aid kits will be replenished as items are used. Sterile items will be individually wrapped and sealed and used only once. Other items such as tape or scissors can be reused and should be kept clean. In the absence of plentiful amounts of clean water, eye flush will be available.

The number of first aid kits to be found on the job site should be:

<u>Number of Persons Assigned to Job Site</u>	<u>Minimum First Aid Supplies</u>
1 - 5	10 Package Kit
6 - 15	16 Package Kit
16 - 30	24 Package Kit

First aid kits will consist of appropriate items determined to be adequate for the environment in which they will be used. Generally, this would include: adhesive bandages, bandage compresses, scissors and tweezers, triangular bandages, antiseptic soap or pads, eye dressing, and other items that a consulting physician may recommend. The main purpose of a bandage, the most commonly used item in a first aid kit, is not really to stop the bleeding, but to keep the wound clean.

The four most important things dealing with first aid kits and first aid supplies are:

- 1. They must be readily accessible.**
2. They must be appropriate for the job site work involved.
3. Personnel must know how to use the contents of the first aid kits.
4. Items must be stored in a weather proof container with individual sealed packages [for one time use] of each type of item to ensure they remain sterile.

Items such as scissors cleaned and reused.

The supplies consumed in first aid kits can actually be used as a safety tool. If a periodic assessment reveals our kits constantly need replacement of bandages which have been used for minor cuts, there is an obvious problem that the cuts are happening in the first place. Actual trends can be established and corrective procedures initiated such as protective gloves or handling practices.

Per the above paragraph, first aid kits will be periodically assessed to ensure availability of first aid supplies. Our first aid kits will be checked before being sent out to each job and at least weekly.

Improper medical treatment can be more dangerous than no treatment at all.