



Train. Protect. Prevent.

## FIRST AID AND CPR TRAINING REQUIREMENTS

### Annual Hazard Communication Training

While keeping workplaces safe and free of hazards is the priority, accidents do happen. It is important to have a first aid program where employees are properly trained to help an injured co-worker until professional help arrives. OSHA gives general industry employer responsibilities regarding medical services and first aid of injured/sick workers in 29 CFR 1910.151. It states that employers must ensure that medical personnel are readily available for advice and consultation, a person or persons on site are trained in first aid, and first aid supplies are readily available. Eye flushing or body drenching stations may also be required where harmful, corrosive chemicals are exposed to employees.



There are many important aspects of a first aid and CPR program. It is necessary to have the proper supplies needed in the event of an accident. Placing first aid kits in strategic areas with the necessary supplies is key. First aid training is crucial to be able to help someone involved in a workplace accident. A training program must be tailored to the specific workplace based on the types of workplace risks. Important elements of a workplace first aid training program include: Teaching methods, hands-on skills practice, preparing to respond to a health emergency, and assessing the scene and the victim. Reviewing how to respond to life threatening situations, including, performing CPR and using an AED can be the difference between life and death. Furthermore, responding to non-life threatening is required. This should include covering burns, wounds, broken bones, and eye injuries.

Workers should be trained on and be able to demonstrate their ability to assess and perform first-aid in different situations including respiratory arrest, cardiac arrest, lacerations, musculoskeletal injuries, shock, loss of consciousness, poisoning, drug overdose, etc. It is important to have adequately trained employees who can respond to incidences without further injuring the victim. The implementation of proper First aid training is crucial to minimizing potential injury or illness and provides vital knowledge that can be used to save lives.

How does your company handle First Aid Training? Where is the nearest AED on your worksite? Has anyone been involved in a first aid or CPR event? If so, what happened?

### Work Site Review: Hazards/Safety Suggestions

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Company Name: \_\_\_\_\_

Work Site Location: \_\_\_\_\_

Date: \_\_\_\_\_ Start Time: \_\_\_\_\_ Finish Time: \_\_\_\_\_

Foreman/Supervisor: \_\_\_\_\_

### Employee Signatures: (continue on back of sheet if necessary)

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(My signature attests and verifies my understanding of and agreement to comply with, all company safety policies and regulations, and that I have not suffered, experienced, or sustained any recent job-related injury or illness)

### Manager/Supervisor's Signature: \_\_\_\_\_

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