

Safety Blast –First Aid and CPR

OSHA strongly recommends that every workplace has one or more employees who are trained in First Aid that includes CPR

Before an Injury Occurs....



- Understand what is expected of you if you come upon an injured worker.
- Understand what actions you may need to take if you are the injured worker.
- Know who to call and how you can reach them in an emergency (Radio/Phone/Voice, etc.).
- Know who would be your secondary contact person if your primary is not available.
- Can you explain your location when you call for assistance?
- Know where your First Aid Kit, Eye Wash Station or AED are located.
- Inspect First Aid Kits at least annually.

Ensure You are Prepared if an Injury Occurs

- Understand the hazards in your workplace.
- Read any emergency response information that is posted in your workplace.
- When evaluating your work task ask yourself what could go wrong and how would I respond to different emergencies.

When Administering First Aid

- Assess the Situation quickly and calmly
- Protect the injured person, the wound and oneself from other dangers.
- PPE... prevent infection between you and the injured.
- Assess the severity and give first aid treatment.
- Contact 911 if serious help is needed.



Discussion Points:

- Who is your primary company contact?
- Do you know where your First Aid, Eyewash or AED are located within your workplace?
- Are you First Aid and/or CPR certified?
- Who is familiar with your organizations Emergency Response Protocols?