

FIRST AID / EYE WASH AND MEDICAL REQUIREMENTS

FIRST AID IS LISTED BY FEDERAL OSHA AS:

- Using a non-prescription medication at non-prescription strength (for medications available in both prescription and non-prescription form, a recommendation by a physician or other licensed healthcare professional to use a non-prescription medication at prescription strength is considered medical treatment for recordkeeping purposes
- Administering tetanus immunizations (other immunizations, such as Hepatitis B vaccine or rabies vaccine, are considered medical treatment)
- Cleaning, flushing or soaking wounds on the surface of the skin
- Butterfly bandages or Steri-Strips (other wound closing devices such as sutures, staples, etc., are considered medical treatment)
- Using hot or cold therapy
- Using any non-rigid means of support, such as elastic bandages, wraps, non-rigid back belts, etc. (devices with rigid stays or other systems designed to immobilize parts of the body are considered medical treatment for recordkeeping purposes)
- Using temporary immobilization devices while transporting an accident victim (e.g., splints, slings, neck collars, back boards, etc.)
- Drilling of a fingernail or toenail to relieve pressure, or draining fluid from a blister
- Using eye patches
- Removing foreign bodies from the eye using only irrigation or a cotton swab
- Removing splinters or foreign material from areas other than the eye by irrigation, tweezers, cotton swabs or other simple means
- Using finger guards
- Using massages (physical therapy or chiropractic treatment are considered medical treatment for recordkeeping purposes)
- Drinking fluids for relief of heat stress



OSHA STANDARDS THAT APPLY

General Industry 1910.151

- a) The employer shall ensure the ready availability of medical personnel for advice and consultation on matters of plant health
- b) In the absence of an infirmary, clinic or hospital in near proximity to the workplace which is used for the treatment of all injured employees, a person or persons shall be adequately trained to render first aid. Adequate first aid supplies shall be readily available
- c) 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 area for immediate emergency use

Construction Industry 1926.50

- a) The employer shall insure the availability of medical personnel for advice and consultation on matters of occupational health
- b) Provisions shall be made prior to commencement of the project for prompt medical attention in case of serious injury
- c) In the absence of an infirmary, clinic, hospital, or physician, that is reasonably accessible in terms of time and distance to the worksite, which is available for the treatment of injured employees, a person who has a valid certificate in first aid training that can be verified by documentary evidence, shall be available at the worksite to render first aid
- d) 1) First aid supplies shall be easily accessible when required
- d) 2) The contents of the first aid kit shall be placed in a weatherproof container with individual sealed packages for each type of item, and shall be checked by the employer before being sent out on each job and at least weekly on each job to ensure that the expected items are replaced
- e) Proper equipment for prompt transportation of the injured person to a physician or hospital, or a communication system for contacting necessary ambulance service, shall be provided
- f) In areas where 911 is not available, the telephone numbers of the physicians, hospitals, or ambulances shall be conspicuously posted
- g) 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 area for immediate emergency use



Are there any other procedures included in first aid? No, this is a complete list of all treatments considered first aid for Part 1904 purposes

FIRST AID / EYE WASH AND MEDICAL REQUIREMENTS (continued)

INTERPRETATIONS OF STANDARDS

- In areas where accidents resulting in suffocation, severe bleeding, or other life threatening or permanently disabling injury or illness can be expected, a 3 to 4 minute response time, from time of injury to time of administering first aid is required
- Where first aid treatment cannot be administered to injured employees by outside professionals within the required response time for the expected types of injuries, a person or persons within the facility shall be adequately trained to render first aid
- Responding in a timely manner can mean the difference between life and death. Therefore, the person who has been trained to render first aid must be able to quickly access the first aid supplies in order to effectively provide injured or ill employees with first aid attention. The first aid supplies should be located in an easily accessible area, and the first aid provider generally should not have to travel through several doorways, hallways, and/or stairways to access first aid supplies

ANSI EYE WASH REQUIREMENTS

General Requirements

- Flush both eyes simultaneously
- No Sharp projections in the area
- Nozzles protected from airborne contaminants
- Not less than 0.4 gpm for 15 minutes
- 60-90 degree water temp
- 10 second travel from major hazard (10-25 ft)
- Free flow test 3 minutes per week

Valves

- “Stay Open” feature allowing both hands free
- Turned on in one second or less with one hand
- Valve actuator large enough to be easily located and operated

Installation

- Nozzles 33-45 inches from floor
- Nozzles 6 inches from wall
- Minimum 30lbs of water pressure
- Highly visible signage in well lit area
- Turned on in one second or less with one hand



REMEMBER!

- Check your first aid kits regularly, at least every three months, to be sure they are fully stocked
- Stay current with your First Aid Certification. If you don't have it, consider taking a course. Contact PGM Safety Services for more information on classes

Safety Starts With You!



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