

First Aid Training – Creating a Safer Workplace

Introduction:

You arrive at work, and you find your co-worker lying on the floor. Do you know what to do? Accidents in the workplace can happen suddenly with no prior sign. The initial first aid provided may determine this person's survival. Being able to provide safety measures when necessary is important, regardless if you are at home or at work.

It is the company's responsibility to provide a safe workplace for all employees and provide First Aid Training designed to fit your business. The First Aid Program is a section of a company's Health and Safety Program. OSHA's First Aid Standard, 29 CFR 1910.151 requires that a minimum of one employee be trained to give First Aid and Cardiopulmonary Resuscitation (CPR) if there is no emergency facility in near proximity to the workplace.

Discussion Points:

- Raises the standard of safety in the workplace.
- First Aid and CPR training for employees.
- Improves employee's knowledge and confidence level.
- Employee's ability to save lives.
- Creates a safer workplace.

Discussion:

The First Aid Program should meet the needs of the specific workplace which includes, known and expected risks, and complies with OSHA standards and regulations. The First Aid Program should be reviewed regularly to keep it current with updated training and reference materials.

Training for First Aid and CPR is offered by the American Red Cross, the American Heart Association, and other private and national organizations.

Not providing First Aid training will cost the company more in legal issues if an accident happens, and an employee is injured or dies from their injuries.

As always, be safe out there!

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