



FIRST AID IN THE WORK PLACE

An employer must ensure prompt first aid treatment for injured employees, either by making available a trained first aid provider at the worksite, or by ensuring that emergency treatment services are within reasonable proximity of the worksite. OSHA requires that adequate first aid is available in the critical minutes between the occurrence of an injury and the availability of physician or hospital care for the injured employee.

One option is to ensure that a member of the workforce has been trained in first aid, which is a feasible and low-cost answer and ensures compliance with the standards. OSHA recommends, but does not require, that every workplace include one or more employees who are trained and certified in first aid, including CPR.

First Aid in the Work Place

Risk Management

(continued)

Another option is for employers to rely upon the reasonable proximity of an infirmary, clinic or hospital. To OSHA, the reasonable availability of a trained emergency service provider (e.g. fire department paramedics or EMS responders) is acceptable as an "infirmary, clinic, or hospital".

The employer must prepare adequate steps prior to any accident (such as making arrangements with the service provider) to ensure that emergency medical assistance will be promptly available when an injury occurs. OSHA interpretations indicate that emergency care must be available within no more than 3-4 minutes from the workplace.

OSHA requires all employers to ensure the availability of first aid supplies throughout their business. Federal OSHA Standard 1910.151(b) says, "Adequate first aid supplies shall be readily available." This rule applies to treatment of minor injuries that occur in the workplace. Appendix A states that an example of the minimal contents of a generic first aid kit is described in American National Standard (ANSI) Z308.1-1978 (updated by ANSI in 2003). The contents of the kit listed in the ANSI standard should be adequate for small work sites.

How Are First Aid Supplies to be Placed?

Your grocery store must have a sufficient amount of first aid supplies to accommodate the types of injuries that may occur and the amount of employees.

A rule of thumb to follow:

- Under 20,000 square feet - one first aid kit.
- 20,000 - 50,000 square feet - two first aid kits.
- 50,000 - + square feet - three or more first aid kits.

Different size first aid kits are available. A few examples are:

- 10-unit size = 10 to 12 employees
- 16-unit size = 16 to 19 employees
- 24-unit size = 24 to 28 employees
- 36-unit size = 36 to 40 employees

Recommended locations to strategically place a first aid kit:

- Deli departments
- Break room
- Back room
- Bakery department
- Front of the store

It's a good idea to place several kits throughout your store. These kits must be visible and easily accessible. Signs must be posted if the kit is not visible.

First Aid in the Work Place

Risk Management



Bandages are the most frequently used first aid kit items. To reduce items falling out of the kit or to prevent the spread of blood, we suggest having Bandages on hand next to the kit.

A disposable CPR Microshield (a valve that is always closed until the rescuer exhales, which then opens to provide a low resistance airway and closes immediately when the rescuer finishes each breath) is recommended for all first aid kits.

In the deli and meat departments, large bandages or gauze with medical tape should be in your kits in the event of a severe cut. In addition, burn supplies should also be available in the deli and bakery kits.

This material is provided for information purposes only and is not intended to be a representation of coverage that may exist in any particular situation under a policy issued by one of the companies within Crum & Forster. All conditions of coverage, terms, and limitations are defined and provided for in the policy. This material was developed as a general guide to safety from sources believed to be reliable and is not intended to provide legal, technical or other professional advice. These materials are not intended to replace any training or education that users may wish or need to provide to their personnel. Crum & Forster does not endorse any of the vendors listed in this publication, nor does it endorse the information, products or services that they offer or provide. Compliance with all Federal, State or local laws and regulations remain the policyholder's responsibility.

