

Section 5 Medical Services and First Aid

5.1 General Requirements

This section sets forth the requirements for medical services and first aid.

5.1.1 Requirement. Emergency medical services must be readily available for employees and employees must know how and where to access the services or supplies. Adequately train employees to render first aid and cardiopulmonary resuscitation (CPR). Provide adequate first aid supplies to address medical emergencies.

5.1.2 Communication. Make reliable means of communication to contact emergency medical facilities. Provide specific guidance on actions to take when a medical emergency occurs. Conspicuously post emergency numbers (such as 911).

5.1.3 Signs. Post signs to clearly indicate the location of a first aid station and first aid kits.

5.2 Requirements for Medical Services

5.2.1 Minimum requirements for medical first aid stations are as follows:

- a. In the absence of readily available medical services, facility locations with more than 99 employees (total number of employees on the largest shift) must have a first aid station equipped as directed by a consulting physician, preferably one specializing in occupational health medicine. The first aid station must have, at least, a stretcher, blanket, eye wash solutions, and supplies to treat anticipated hazards.
- b. A registered nurse (RN), an emergency medical technician (EMT), or a paramedic must be on duty at the on-site first aid station, except when on emergency call.

5.2.2 Make an assessment to determine the number of employees to be trained to administer first aid and CPR, but at least one employee per shift. The assessment must include analysis of the injury and illness log experience, hazardous operations, work environment, and consultation with a health care professional.

5.2.3 In isolated or remote work locations, all employees must be qualified to administer first aid and CPR. Where the job hazard analysis indicates significant risks, the job planning must include provisions for first aid assistance. Employee training intervals for first aid and CPR must be in accordance with the American Red Cross or the American Heart Association.

5.3 Requirements for First Aid Kits

On projects with less than 100 people, first aid supplies will be provided and accessible. At least one full kit must be provided for every 25 employees.

5.3.1 Consensus standard ANSI Z308.1, *Minimum Requirements for Industrial Unit-Type First Aid Kits*, lists and establishes a minimum assortment of first aid treatment packages that first aid kits should contain. The basic fill kit must include the following:

- a. Absorbent compress (32 square inches, with no side smaller than 4 inches)
- b. Adhesive bandages
- c. Adhesive tape
- d. Antiseptic applications (0.5 gram per application, total 0.14 fluid ounces)
- e. Burn treatment applications (0.5 gram per application, total 0.14 fluid ounces)
- f. Two pairs of medical exam gloves, and two additional pairs of latex gloves
- g. Sterile pads (3 by 3 inches)
- h. Triangular bandage (40 by 40 by 56 inches)
- i. Mouth protective valve for CPR
- j. Disinfectant
- k. Biohazard disposal receptacle

However, when larger operations or multiple operations occur at the same location, supervisors must determine the need for additional first aid kits at the work site, additional types of first aid equipment and supplies, and additional quantities and types of supplies and equipment in first aid kits. The supervisor must choose first aid supplies in consultation with a health care professional or by a person competent in first aid and knowledgeable about the hazards of that workplace.

5.3.2 Government-owned motor vehicles, aircraft, and watercraft must carry a first aid kit.

5.3.3 Inspect first aid kits monthly (and weekly for construction activities). The label inside the kit lid must include an inventory of the kit's contents. The inspector must verify that the listed items are available and that the sterile packaging is intact. Record the date of the last inspection.

5.4 Ambulance Services

Provisions for ambulance or emergency services must be planned prior to operations. Acceptable ambulance service may be provided by a licensed agency that renders service or a standby emergency vehicle for that purpose at the jobsite.