

Section 8: FIRST AID TRAINING AND FIRST AID KITS

FIRST AID TRAINING

Washington Industrial Safety and Health rule WAC 296-800 and WAC 296-155 (Safety Standards for Construction Work) require that all employees be provided with quick and effective first-aid attention in the event of an on the job injury.

The presence of personnel who have been adequately trained in first-aid procedures at or near those places where employees are working is required by the following:

- Whenever there are two or more employees working at any worksite, a person or persons holding a valid first-aid certificate must be available.
- All crew leaders, supervisors or persons in direct charge of one or more employees must have a valid first-aid certificate.

These training requirements may be met by completing a First Aid and Cardiopulmonary Resuscitation (CPR) course offered by Safety and Claims Management (206-477-3371) OR by completing both the Health Department CPR training (206-263-8317) and the First Aid course offered by Safety and Claims Management.

FIRST AID KITS AND SUPPLIES

First aid kits must be readily available to all employees. Supplies must be stored in containers that adequately protect the contents, and need to be clearly marked and not locked, but they may be sealed. Supplies must be capable of being moved to the location of the injured employee. First aid kits/supplies must be appropriate for the occupational setting and the response time of emergency medical services.

When deciding on the location and contents of first aid kits/supplies, consider these factors:

- Location of employees, areas of greatest hazards, ease of accessibility
- Injury/illness record
- Types of hazards
- Number of employees, shifts
- Recommendations of trainers, emergency service providers, physicians or clinics, trade organizations

A basic First Aid kit should contain the following items:

- 1 absorbent compress, 4x8 inches
- 16 adhesive bandages, 1x3 inches
- 1 adhesive tape, 5 yards long
- 10 antiseptic single use packages, 0.5g application
- 6 burn treatment single use packages, 0.5g application
- 4 sterile pads, 3x3 inches
- 2 pr. Medical exam gloves
- 1 triangular bandage, 39x39x55 inches
- 1 CPR barrier device

Other recommended items:

- 4 bandage compresses, 2x2 inches
- 2 bandages compresses, 3x3 inches
- 1 bandage compress, 4x4 inches
- 1 eye covering (for two eyes)
- 1 eye wash, 1 fluid ounce
- 1 chemical cold pack, 4x5 inches
- 2 roller bandages, 2 inches wide
- 1 roller bandage, 3 inches wide

Note: ASTM, ANSI, or other consensus national standard kits will likely meet these recommendations

The size and quantity of first aid kits required to be available at any one site should be determined by the number of personnel normally dependent upon each kit as outlined in the following table:

Number of employees normally assigned to worksite	Minimum first-aid supplies needed
1 - 15 Employees	1 First-aid kit
16 - 30 Employees	2 First-aid kits
31 - 50 Employees	3 First-aid kits

REFERENCES:

WAC 296-800, Safety and Health Core Rules

WAC 296-155, Safety Standards for Construction Work

FIRST AID INFORMATION

BUILDING NAME, DEPARTMENT, DIVISION

**THE FIRST AID KIT FOR THIS FLOOR IS
LOCATED**

FIRST AID-TRAINED PERSONNEL INCLUDE

(Please post on the safety bulletin boards)