

We all dread the day that an employee gets injured, but here are some tips to make sure you are prepared if it happens. This is guidance for minor first aid. Injuries that require more attention than minor first aid should be treated by a medical professional.

What Your Kit Should Have

In the event of an injury, it is best if the kit that is available is fully stocked with all of the necessary equipment. The items in the first aid kit should include:

- Gloves
- CPR Pocket Mask
- Tourniquet
- Roll of Gauze
- Medical Tape
- Gauze Pads
- Bandages
- Antiseptic Wipes
- Scissors
- Tweezers
- Splint.



Bloodborne Pathogens

Bloodborne pathogens are types of infectious microorganisms located in human blood/bodily fluids that can cause disease in humans. These diseases include but are not limited to:

- Hepatitis B (HBV)
- Hepatitis C (HCV)
- Human Immunodeficiency Virus (HIV)

To protect yourself, always wear gloves when giving first aid to minimize contact with bodily fluids. Wash hands thoroughly with soap and warm water after providing first aid. Report immediately if you believe that an exposure to bodily fluids may have occurred.

Universal Precautions: OSHA defines Universal Precautions as an approach to infection control to treat all human blood and bodily fluids as if they contain bloodborne pathogens. This includes

- Using disposable gloves and other protective barriers.
- Washing hands and other skin surfaces that are contaminated with blood or bodily fluids immediately.
- Changing gloves between recipients of first aid and never reusing gloves.

Emergency Notification

If an injury is sever and first responders are called, they should be provided emergency information such, as your name nearest address and description of location, and number of personnel injured onsite.

- Follow all instructions of the emergency dispatcher and stay on the line until they suggest you can hang up.
- Clear all unnecessary personnel from the area and eliminate any additional hazards from the work area
- Report the incident as soon as possible.