



EMERGENCIES/ FIRST AID

Things to Do Before Training

- Review your first aid kit to be sure it has all necessary equipment and supplies. (See Cal/OSHA's Title 8 section 1515(c) for details.)
- Make sure that emergency phone numbers and location of phone are available to workers.
- Make sure someone onsite has Red Cross Certification or its equivalent to provide first aid.
- Have a map available showing how to get to the nearest medical facility.
- In the index of the **Cal/OSHA Pocket Guide for the Construction Industry**, look up **Emergency Medical Services** and **First Aid** and read the pages listed.

Introduction

Of all industries, construction has the highest rate of injury.

Almost every day we get scraped, cut, bumped, and some get seriously injured.

Knowing what to do when an injury occurs prevents the injury from getting worse, and it may even save a life.



QUESTIONS TO ASK

- What are some of the minor injuries that you have seen on a construction site?
- What are some of the major injuries that you have seen?
- What was done when these injuries occurred?
- What should we do if someone is injured on the job?

SAFETY  BREAK

ACTIONS TO TAKE

- Look at the contents of the first aid kit and let workers know where it is kept.
- Tell workers what to do in case of emergency – who to call and where the number and phone are located.
- Determine if this job site has someone certified in first aid and let all workers know who it is. If not, send the appropriate personnel for training.

Key Points to Keep in Mind

- Trained personnel who have a current Red Cross First Aid Certification or its equivalent must be available at all job sites** to provide first aid. If a serious injury occurs, the person certified in first aid must help.
- A first aid kit is required to be on the job site at all times.**
It is located

(fill in location)

- The number to call in case of an emergency is posted at**

(fill in location)

and the address of the site is

(fill in location)

- If you can't find the number for emergencies, dial 911.**
Immediately **notify your supervisor of all injuries** and near misses.
All workplace injuries are covered **under workers' comp.**
- Do not move workers who have injured their necks or backs.** This can cause more damage.
- Avoid injuries by working in a safe manner.** Use tools as manufacturers intended. Don't overexert yourself. Always use extra caution when working at heights.

