Objectives

- To explain 3 levels of first aid training
- To explain the guideline by DOSH
- To explain the requirement under the workplace
- To state the purpose of first aid at the workplace
- To define what is first aid

First Aid

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What is First-Aid

First aid is “the immediate and temporary care of the victim of an accident, with the aim of preventing or reducing an acute threat to the life or health of the victim”.

– International Labour Organisation

Topics

- Training
- First-Aid Facilities
- Planning for First-Aid
- Reasons for Providing First-Aid
The Aims Of First-aid Are To:

• Preserve life
• Stop the condition becoming worse
• Protect the unconscious
• Promote recovery and
• Relieve pain and suffering

Compliance with Factory and Machinery Act (Reg. 38) and OSHA (Section 15(1))

• Relieve pain and suffering
• Promote recovery and
• Protect the unconscious
• Stop the condition becoming worse
• Preserve life

Who Needs First-Aid

A person who:

– Requires immediate attention
– Whose injury would not need treatment by a medical practitioner or nurse
– Minor injuries who would otherwise receive no immediate attention
– Requires immediate attention

Note:

All injuries however minor should be treated, otherwise it might lead to infections leading to lost time illnesses.
First Aid Response

- Get help immediately. Speed is essential. Minutes can save lives
- First-Aider assess situation without endangering self
- Identify injury or injuries
- In cases of multiple casualties prioritize treatment
- First-Aider assess situation without endangering self
- Minutes can save lives
- Get help immediately. Speed is essential.
First-Aid Worker Exposure

• The duties of first aiders should be analysed as part of the hazard management process.

- Identify hazards from:
  - Manual handling
  - Infection control
  - Where heat is used as part of any process (e.g., where heat is used in processes such as abrasive blasting).
  - Construction sites
  - Workplaces which use or manufacture hazardous substances
  - Workplaces which require people to work in remote isolated areas (e.g., agricultural or transport industry)
  - Workplaces where hazardous processes may be used

• Planning is important for high risk places of work, such as:

Level of Preparation – Depends on Risk:

- Planning
- Identification hazards from management processes
- Manual handling
- Infection control

The duties of first aiders should be:

- Planning
- Identification hazards from management processes
- Manual handling
- Infection control
A First Aid Program

1. Properly trained and designated first-aid personnel on every shift,
2. First-aid kit, supplies, and room for personnel on every shift,
3. A first-aid manual
4. Posted instructions for calling a physician and notifying the hospital that the patient is enroute
5. Posted method for transporting ill or injured
6. An adequate first aid record system

A. If has potential for mass casualties provide:
   - Safe place for evacuation
   - Equipment e.g. stretchers, wheelchairs, etc.
B. For hazardous substances and poisons:
   - Procedures, training and PPE for handling
   - Antidotes in first-aid box, e.g. for cyanide and procedure for using it, if necessary
   - Procedures, training and PPE for handling hazardous substances and poisons
   - Equipment e.g. stretchers, wheelchairs, etc.
   - Safe place for evacuation

Level of Preparation – Depends on Risk – 2
First Aid Consideration - 1

- For all workplaces
  - Communications – for quick response
  - Rescue and evacuation
  - Emergency response plan. (Especially for major hazard facilities (MHF))
  - Plan first aid in conjunction with the emergency response plan. (Especially for major hazard facilities (MHF))
  - For all workplaces

First Aid Station
First-Aid Consideration - 2

Matters to be determined having identified hazards and assessed the risks at the workplace are:

- The number and location of first aid box
- Their contents
- Possible need for a first aid room and equipment it should contain
- The level of training
- The number of employees to be trained in aid
- Number of shifts
- The size and location of the workplace
- The nature of the work (type of industry)
- The numbers of employees.

First-Aid Consideration - 3

Selection of First Aiders

- Appointment of a person in low risk situations (office)
- Number of shifts
- The size and location of the workplace

Number Of First Aider

- The numbers of employees
- The distribution of employees
- The nature of the work (type of industry)
- The size and location of the workplace
- Number of shifts
- The distance from outside medical services

Selection of First Aiders

- Appointment of a person in low risk situations (office)
- Number of shifts
- The size and location of the workplace
- The nature of the work (type of industry)
- The numbers of employees

First-Aid Consideration - 2
First-Aid Boxes - 1

Provide To Ensure:
– Sturdy, portable and immediately accessible - mobile employees also to be considered
– Names of First Aiders / emergency services
– CPR instructions in / or near box
– Place of work injury instructions in or near to box
– Content is dependent on the type of services required
– Headaches and colds medicine may not be included

First Aider
First-Aid Equipment

- Low pressure eye-wash fountains
- Emergency shower
- Flood showers

In areas where chemicals are stored:

- Should specify the type of medication, if any,

Procedures regarding proper treatment, first-aid
- There is often a difference of opinion
- Assist replenishing contents
- Employer is responsible. First Aider to

List content and its quantity to facilitate

First-Aid Boxes - 2
First Aid Room

- When more than 150 employees
- Enough to place a couch and people to move around
- Identified, private, well lit (including emergency lighting), ventilated and temperature controlled
- Access for wheelchair/stretcher
- Easy access to work areas and toilets
- Easy to clean
Stretchers

- Keep near places of serious hazards
- Keep clean and ready for use at all times
- Protected against mechanical damage and destructive vapours or fumes, dust, etc.
- Tested periodically if made of materials that will deteriorate
- Keep in cabinets that are clearly marked and prominently located
- Protected against mechanical damage and destructive vapours or fumes, dust, etc.
Training For All Employees

- Use approved training provider
- Universal precautions
- First aid procedures
- Aiders
- Names, location, contact numbers of First
- Location of First aid boxes/rooms
- Occupational First Aid - (level 2 plus broad
  understanding of hazards, emergency care &
  procedures).
- Workplace First Aid (level 1 plus treatment
  of injuries and illnesses, eg heart attack, fainting).
- Basic First Aid (emergency first aid
  procedures).
- Level 3
- Level 2
- Level 1

First Aid Training
• First Aid is for preserving life and preventing conditions of accident victims from worsening.

• Assess hazards in the workplace before First Aid is for preserving life and preventing conditions of accident victims from worsening.

• First aid programme consists of:
  - Identification of First Aiders and training of employees
  - Provision of first-aid boxes
  - First-aid room, stretchers, showers and eyewash if necessary

**Summary**