First aid toolbox talk

29 CFR 1926.50, 1910.151, 1926.21

Date _____ Trainer _____ Location _____

Opening question

If someone on this crew got badly hurt right now, who would give first aid, where is the kit, and what location would you give the 911 dispatcher?

Why it matters

What the people nearby do in the first few minutes after an injury can make a big difference. On a jobsite, help can be farther away than you think, and nobody wants to be hunting for gloves or a phone signal while a coworker is bleeding. A little planning now means everyone knows their part before anything happens.

Key points

1. **Know who is trained**
   Find out today who on this crew is trained in first aid. On construction sites without an infirmary, clinic, hospital or physician that is reasonably accessible in time and distance, a person with a valid first aid certificate must be available at the worksite. In general industry, if no infirmary, clinic or hospital in near proximity is used to treat all injured employees, someone must be adequately trained to give first aid (29 CFR 1910.151(b)).
   29 CFR 1926.50(c)

2. **Know where the kit is and keep it stocked**
   Everyone should know where the first aid kit is, whether it is in the trailer, the truck or the shop. On construction jobs, the kit must be in a weatherproof container and checked before it goes out to each job and at least weekly, so used items get replaced. If you use the last of something, tell your foreman.
   29 CFR 1926.50(d)(2)

3. **Know how to get help fast**
   Before a construction project starts, provisions must be made for prompt medical attention in case of serious injury (29 CFR 1926.50(b)). Know how to call 911 from this site and how an ambulance gets in. On a construction site, if the phone system does not automatically give the 911 dispatcher your latitude and longitude, the site's latitude and longitude or other clear location information must be posted where everyone can see it.
   29 CFR 1926.50(f)(2)(ii)(A)

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4 Protect yourself first

Make sure the scene is safe before you step in, so you do not become the second person hurt. Put on gloves from the kit before you touch blood, and treat all blood as if it could carry disease. Do not move a seriously hurt person unless they are in danger where they are.

5 Flush chemicals right away

Where a worker's eyes or body may be exposed to corrosive materials, there must be facilities for quick drenching or flushing of the eyes and body right in the work area. Know where the eyewash or shower is and keep the path to it clear. If a chemical gets in someone's eyes, start flushing right away and keep going while someone else calls for help.

29 CFR 1910.151(c)

6 Report every injury

Tell your supervisor about every injury, even a small cut, splinter or strain. Small wounds can get infected, and some injuries feel worse hours later. Reporting also gets the hazard fixed before it hurts someone else.

Scenario

Picture this: A laborer slices his forearm on a sharp metal edge at the far end of a large site. The crew grabs the kit from the truck, but someone used up the gauze and gloves last week and nobody restocked it. No one is sure who has first aid training, and the worker calling 911 cannot tell the dispatcher which gate the ambulance should use. What should this crew have sorted out before the shift started?

Crew discussion

1. Who on this crew is trained in first aid, and how do we reach them fast?
2. Where are the first aid kits and eyewash stations on this site, and who keeps them stocked?
3. What is this site's address or location, and where would an ambulance come in?
4. What would you do in the first minute if a coworker was badly hurt?

Bottom line **Know who is trained, where the kit is and how to call for help before anyone gets hurt.**

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Sign-in sheet / Hoja de asistencia

Topic / Tema First aid / Primeros auxilios

Date / Fecha _____

Trainer / Instructor _____

Location / Lugar _____

Company / Empresa _____

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Trainer signature / Firma del instructor _____

Time / Hora _____

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