Toolbox KITS

FIRST AID AWARENESS AND PREPAREDNESS TRAINING

First aid awareness and preparedness training

29 CFR 1910.151 and 1926.50, plus related rules

About 45 minutes, with a 10-question quiz

Awareness training, not a first aid or CPR certification course

37 slides | About 45 minutes | 10-question quiz | English + Spanish

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SAMPLE



MODULE 1

Why this matters: the first minutes count

- [ ] Help can be farther away than you think, especially on large or remote sites
- [ ] Heavy bleeding, a chemical in the eyes or a person who is not breathing normally cannot wait
- [ ] Confusion wastes time when nobody knows the plan
- [ ] A helper who rushes in can become the next person hurt
- [ ] A small wound that is not cleaned and reported can get worse

SAMPLE

Toolbox KITS

Crew handout

First aid: be ready before anyone gets hurt

29 CFR 1926.50, 1910.151, 1910.1030, 1926.21, 1904.35

Do

- Know who gives first aid on your crew and how to reach them fast
- Know where the first aid kits, eyewash stations and AED (if your site has one) are
- Check that the scene is safe before you step in
- Put on gloves before you touch blood or body fluids
- Press firmly on heavy bleeding and keep pressing
- Flush chemicals from eyes or skin with clean water right away
- Know the site address or posted location for a 911 call
- Report every injury and every blood contact to your supervisor

Don't

- Don't move a seriously hurt person unless they are in danger where they are
- Don't touch someone in contact with electricity until the power is off
- Don't use the last of any kit supply without telling your foreman
- Don't block the path to an eyewash or emergency shower
- Don't put ice, butter or ointment on a serious burn
- Don't skip reporting an injury because it seems small

SAMPLE

Remember

Know who, where and how before anyone gets hurt: who is trained, where the kit is and how to get help.

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