

## **The Importance of a First Aid Program**

If an accident were to occur today in your workplace, would you know what to do? Would the employees injured be given the best possible care?

Creating a first aid program that meets the requirements of the law and is customized to the type and size of the workplace can make the difference between life and death or between recovery and permanent disability when an accident occurs.

Employers should make sure that all employees are familiar with the locations of their worksite emergency information and where it is posted. The notice should display the phone numbers of the closest ambulance service, fire and rescue unit, police station, and hospitals. The amount of time it can take to look up this information can make a big difference to a seriously injured person. The location of first aid equipment and rescue equipment should also be posted prominently.

Every work site should have a person with medical or first aid training readily available in case of an emergency. First aid equipment and supplies, including a variety of dressings and instruments, as well as an up-to-date first aid manual, should be stored where they can be accessed quickly and easily in the event of an accident. Supplies should be inspected regularly, making sure they are kept in sanitary and usable condition, and re-stocked after use. Based on the size of the workplace, more than one fully equipped first aid kit may be required.

At remote work sites, emergency supplies and an action plan are particularly important. At least one person trained in emergency first aid should always be on-site. First aid must be given correctly otherwise it can cause harm instead of helping an injured person. All workers should be familiar with who on-site is trained to give first aid, where the emergency first aid equipment is located, and what medical professional or medical facility should be contacted should a medical emergency occur.

Periodically review your company policy on first aid response with your workers so that all will understand and respond appropriately to injuries or illnesses that may occur on the jobsite.