Compliance Made Simple Presents:

**Take 10... Effective Safety Committee Meetings in about 10 Slides**

Topic of the month: 
**First Aid**
First things First:

Document Your Meeting Per Your States Requirements

Washington

Oregon

Montana

Alaska & Idaho: There are currently no federal and/or state-specific requirements for safety committees in these states.
Why First Aid Matters...

• Unintentional injury is the leading cause of death in the U.S. for individuals under 44 years of age.

• On average, 15 workers die each day in the U.S. from traumatic injuries.

• More than 4 million workers suffer a nonfatal injury or illness each year.

• Almost 90% of people who suffer out-of-hospital cardiac arrests die. CPR, especially if performed in the first few minutes of cardiac arrest, can double or triple a person’s chance of survival.
Emergency Procedure Review

• Do we have a written program outlining what we want employees to do in case of an emergency?
  • Note: Each state requires that WBMA members have a written program regarding what to do in the case of an emergency. Washington calls it an Accident Prevention Program, and Oregon, an Emergency Action Plan.

• If so, does it need to be updated?
  • (e.g. It lists Steve Johnson as the person to contact, only Steve retired last year)
Past Injury Review

• Have we had any injuries over the last year or so?
  • Both recordable and non-recordable on OSHA 300 forms

• Did we take actions to reduce the likelihood of this type of injury in the future?

• If so, what was our medical/first aid response?

• Are there ways to improve upon this response for potential future injuries?
Are you required to train employees in First Aid?

The Rules:

• Adopted by all 5 WBMA States, OSHA standard 29 CFR 1910.151 requires that all workplaces have “trained first-aid providers.”

• There is an exception to this rule when there are emergency medical services (e.g. fire station, hospital, clinic) in “near proximity” to your business. The thought being that if an EMT can be at yard, treating your employee within the same amount of time as your first-aid trained employee, then your employees are still protected.
Safety Committee Discussion:

• Do we need additional first aid training?

• Should all employees be trained, or just a few that we identify in our emergency response plan?

• What type of first aid training do we want our employees to have?
  • CPR?
  • Automated External Defibrillator (AED)?
  • Others applicable to our workplace?
Inspecting all First Aid Kits:

The Rule: First-aid supplies must be available in adequate quantities and be readily accessible.

1. Do we have enough? Are they the right kind (i.e. appropriate to our work environment)?
2. Do all employees know where to find them?
3. Are they fully stocked? If not, who’s responsibility is it to get them restocked?
Safety Spotlight: Basic First Aid Response for Eye Injuries

1. Chemical
   - Hold the eyelids apart and flush the eyeball with lukewarm water for at least 15-30 minutes. Be careful not to let runoff water flow into the other eye.
   - Place a gauze or cloth over both eyes and secure it with a bandage.
   - Get to an eye specialist or emergency room immediately.

2. Cut, Scratch or Embedded Object
   - Place a gauze pad or cloth over both eyes and secure it with a bandage.
   - Do not try to remove an embedded object.
   - Get to an eye specialist or emergency room immediately.
Resources:

- OSHA Safety & Health Topics: Medical & First Aid
- OSHA Fundamentals of a Workplace First-Aid Program
- WA LNI Health Topics: First Aid
- WA LNI First Aid Kit Contents Guide
- OR Safety Topics: First Aid
- SafeMT: Safety in MT Workplaces