

Appendix B First Aid

The Ohio State University and Medical Center Employee Health Service

Policy G-15: Workplace First Aid

Developed by: Environmental Health & Safety and Employee Health

On-site first aid kits should contain supplies that allow individuals to treat themselves. Contents of kits should not be expired and be appropriate for the work being conducted in the laboratory. All employees should know the location of the first aid kit.

Examples:

- 1) Band-Aids of several sizes and shapes,
- 2) Gauze pads and one inch tape for a wound larger than Band-Aid size. The most important first aid procedure for minor cuts and abrasions is to "clean the wound thoroughly with soap and water". This statement should be written or posted on the front of the kit.

Reasons for keeping First Aid Kits simple are:

- 1) Workplace injuries should be formally evaluated by Employee Health Service to assure proper care, documentation, and follow-up of the accident,
- 2) Coworkers should not be involved in the care of an injured worker's wounds due to risks with exposures to blood and body fluids,
- 3) There are also requirements for training workers who render first aid care in the workplace, and
- 4) For more serious injuries, the injured worker should be transported to the Employee Health Service Clinic or the Emergency Department. The emergency squad should be called when necessary. Medications, such as decongestants, analgesics, and antihistamines, are not emergency supplies. Advanced first-aid equipment should be supplied only when personnel are trained in their use and are available.

Chemical Laboratory First Aid Kit-EXAMPLE

- 4 oz.-4% chlorhexidine germicidal soap
- 1 doz.-alcohol swabs
- 25-1" adhesive bandages
- 15-extra-large adhesive bandages
- 10-sterile 4" x 4" gauze pads
- 1 roll-1" plastic adhesive tape
- 2-2" Kling gauze rolls
- 1-4" elastic bandage
- 3-4" burn free dressings
- 3-1/8-oz. packets of burn free gel
- 4 --1/32 oz. packets of Neosporin ointment
- 2 pair each size 7 & 8 non-sterile vinyl gloves
- 1 pair each size 7 & 8 sterile latex gloves
- 1 pr. - 4" or 5" bandage scissors
- 1-thumb forceps without teeth
- 3-sterile wrapped double packs of cotton tipped applicators
- 3-individually wrapper tongue depressors
- 1-non-sterile packaged hand towel
- *If cyanide exposure is of concern, add 6 ampoules (pearls) of amyl nitrite
- *If hydrofluoric acid is in use add 25gm tube of calcium gluconate gel for skin burns

Items should be packaged with directions for use, inventoried and updated every six months.