



CPR & More

First Aid Provider

The Numbers

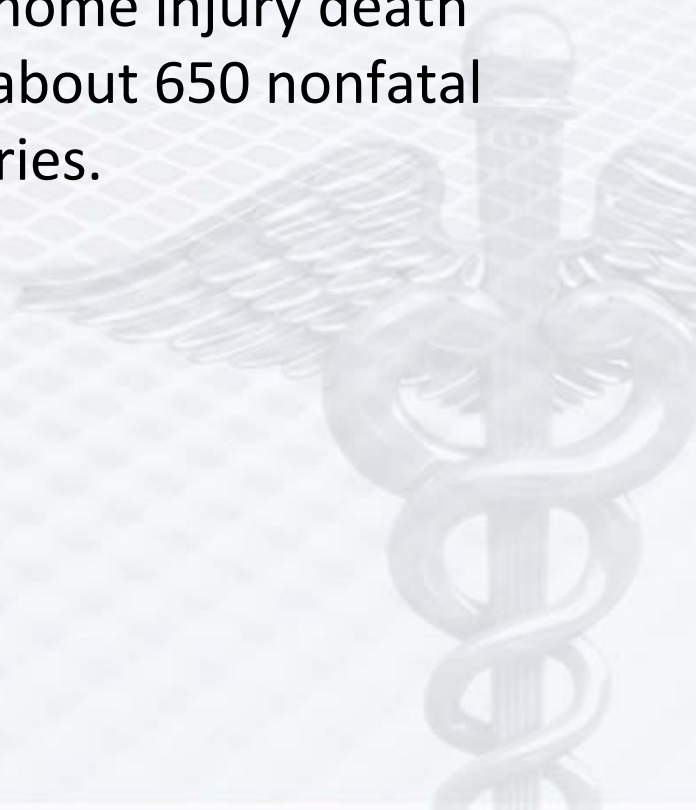


- Unintentional injury is the leading cause of death in the United States for individuals younger than 44 years of age.
- On average, 15 workers die each day in the U.S. from traumatic injuries, and more than four million workers suffer a nonfatal injury or illness each year.

At Home



- In the U.S., about one-third of all injuries and 20 percent of injury deaths occur at home.
- For every home injury death there are about 650 nonfatal home injuries.



Effective First Aid



- Safe practices at work, home, and play can prevent many injuries, illnesses, and deaths.
- However, once injury or sudden illness has occurred, effective first aid can make the difference between:
 - Rapid or prolonged recovery
 - Temporary or permanent disability
 - Life or death

First Aid Defined

UNITED STATES DEPARTMENT OF LABOR
OSHA QuickTakes Newsletter RSS Feeds Print This Page Text Size

Occupational Safety & Health Administration We Can Help What's New | Offices

Home Workers Regulations Enforcement Data & Statistics Training Publications Newsroom Small Business OSHA

May 7, 2011

Highlights

Campaign to Prevent Heat Illness in Outdoor Workers
OSHA celebrates 40 years of accomplishments in the workplace
40 OSHA OCCUPATIONAL SAFETY AND HEALTH ADMINISTRATION

Green Jobs Are Good Jobs When They Are Safe Jobs
Visit Green Jobs site

Distracted Driving
Distracted Driving: No Texting brochure

Latest News

- OSHA launches "Picture It! Safe Workplaces for Everyone" photo contest [5/04/11]
- OSHA cites Parker Hannifin facility in Mississippi with 33 safety and health violations, proposes more than \$462,000 in fines [5/03/11]
- US Department of Labor issues final rule to protect shipyard workers [5/02/11]
- OSHA will hold expert forum to identify regulatory options for protecting workers from combustible dust hazards [04/28/11]
- US Labor Department launches national outreach campaign to protect workers from heat-related illnesses [04/26/11] *En Español!*
- New OSHA injury prevention sheet advises shipyard industry employers, workers of hazards involved in rigging [04/20/11]
- OSHA cites wind farm servicing company for 6 willful safety violations after worker suffers burns in wind tower [04/19/11]
- OSHA revisions strengthen Outreach Training Program [04/15/11]
- US Labor Department fall protection directive upheld in US Court of Appeals [04/14/11]

Worker Fatalities

3/16/2011 CA - Worker died after being crushed between a store ceiling and aerial device basket.

4,551 workers died on the job in 2009

"With every one of these fatalities, the lives of a worker's family members were shattered and forever changed. We can't forget that fact."
Hilda Sellis, Secretary of Labor
Weekly Fatality Review - (Weekly April 3, 2011)

- The Occupational Safety and Health Administration, or OSHA, defines first aid as “emergency care provided for injury or sudden illness before professional emergency medical treatment becomes available.”

First Aid Provider

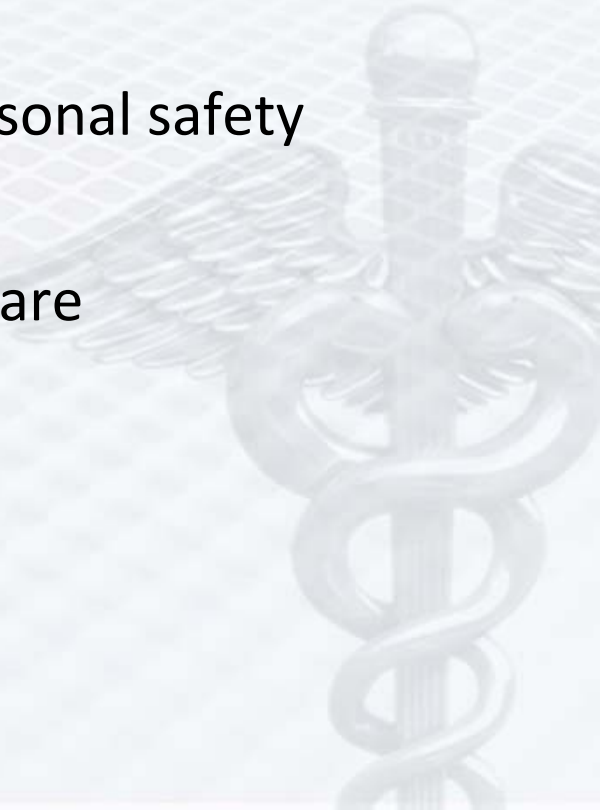


- A first aid provider is someone trained in:
 - The delivery of initial emergency procedures.
 - Using limited equipment to perform a primary assessment and intervention until Emergency Medical Services, or EMS personnel arrive.

Provider Responsibilities

The essential responsibilities of a first aid provider are the following:

- Recognizing a medical emergency
- Making the decision to help
- Identifying hazards and ensuring personal safety
- Activating the EMS system
- Providing supportive, basic first aid care



Goal of Training

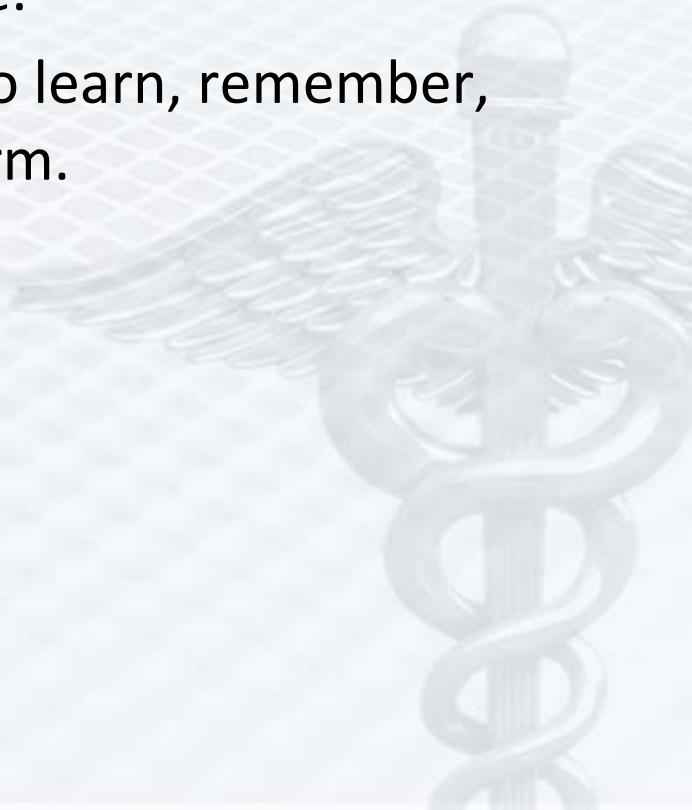


- The goal of this training is to help a provider gain the knowledge, skills, and confidence necessary to manage a medical emergency until more advanced help is available.

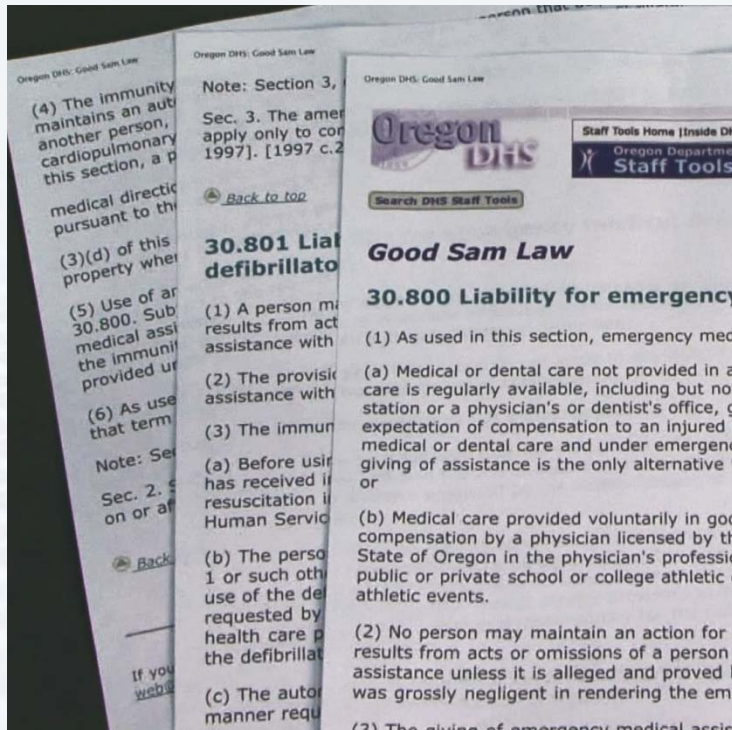
Easy to Learn



- First aid does not require making complex decisions or having in-depth medical knowledge.
- It is easy to learn, remember, and perform.



Good Samaritan Laws



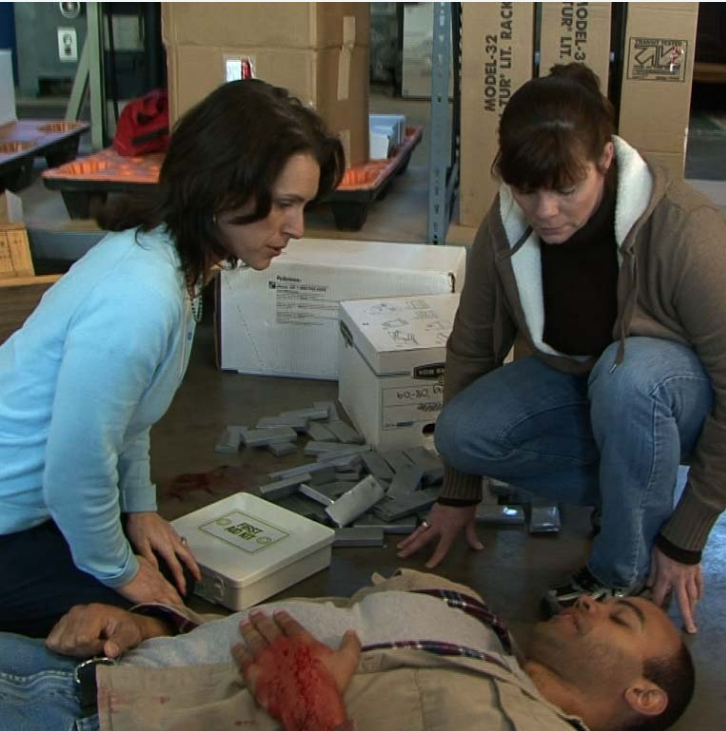
- “Good Samaritan laws,” help encourage bystanders to assist those in need. These laws help protect anyone who:
 - Voluntarily provides assistance, without expecting or accepting compensation;
 - Is reasonable and prudent;
 - Does not provide care beyond the training received;
 - Is not “grossly negligent,” or completely careless, in delivering emergency care.

Differences



- Good Samaritan laws vary slightly from state to state.
- Providers should become familiar with the laws in their state and other states where they work or travel.

Consent



- Everyone has the right to refuse medical treatment.
- It is appropriate to ask a responsive person if he wants help before providing care.
- When a person is or becomes unresponsive, the legal concept of “implied consent” allows a provider to help without asking.
- It assumes the person would agree to be helped if responsive.

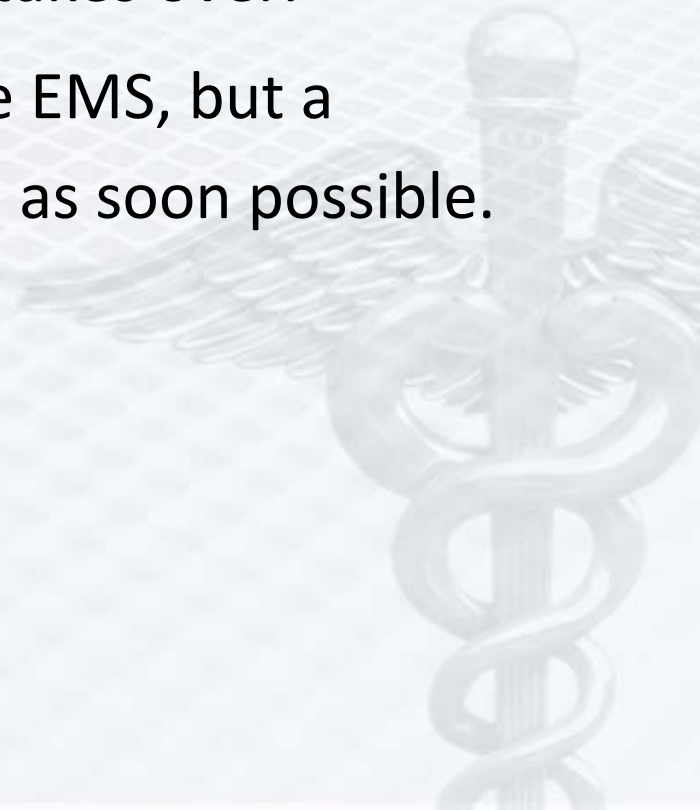
Consent and Children



- If a parent or guardian is present with an ill or injured child, obtain the parent or guardian's consent prior to giving care.
- When one is not present, the consent to provide care to a child is legally implied.
- Provide care and contact a parent or guardian as soon as reasonably possible.

If You Stop, Stay

- Once care has begun, and it is safe to do so, remain with an ill or injured person until someone with equal or greater emergency medical training takes over.
- If alone, it is okay to leave to activate EMS, but a provider should return to the person as soon possible.



Use Common Sense

There has never been a successful lawsuit in the United States against a person providing first aid in good faith.

Still, it is appropriate to use common sense:

- Activate EMS immediately.
- If the scene is unsafe, do not enter!
- Ask a responsive person for permission before giving care.
- Never attempt skills that exceed provider training.
- Once the provider has started, he or she should not stop until someone with equal or greater training can provide relief.

Case Study

Upon entering a public restroom, you find someone leaning against the wall in obvious distress. The person's skin is very pale and the person is sweating heavily. You are trained to help.

What should you do?

The person refuses your help.

Now what should you do?

The person collapses suddenly and becomes unresponsive.

Now what do you do?



Recognizing an Emergency



- A general impression is a quick sense of what has occurred, or is occurring, when the provider first observes an emergency scene.
- This impression can help guide a provider in her approach.

Mechanism of Injury



- If injured, how was the person injured?
- Injuries occur from physical force against the body.
- The manner in which that force creates an injury is called the Mechanism of Injury.
- Mechanisms that transfer significant force are best assumed to result in serious injury until proven otherwise.

Appears Unresponsive?



- Does the person appear to be unresponsive?
- A person who is not moving and appears to have collapsed can be in a life-threatening condition known as sudden cardiac arrest.
- Immediate assessment and care can be his only chance for survival.

Deciding to Help



- The most critical decision a provider will make is whether to get involved when a medical emergency has occurred.
- It is normal for a provider to feel hesitant about helping.

Are You Alone?



- You may hesitate because you feel like you are alone in helping.
- You are only the first link in a progressive chain of emergency care.
- Your involvement lasts only until relieved by another first aid provider or responding EMS providers—in most cases, a very short period of time.

Make Things Worse?



- You may hesitate because you fear making things worse.
- Your basic first aid training provides you with sound knowledge and skills designed only to help, not harm, those in need.

No Medical Knowledge?



- You may hesitate because you think you don't have a lot of medical knowledge.
- Extensive medical knowledge is not necessary.
- First aid skills are based on common sense and simple, effective procedures that can be easily learned and safely applied.

Stop to Help?



- You may hesitate because others have already stopped to help.
- It never hurts to see if additional assistance is needed. Other bystanders may not have any first aid training or may be hesitant to provide care.

Personal Safety



- Emergency scenes are often unsafe.
- A provider's personal safety is always the highest priority, even before the safety of an ill or injured person.
- Putting yourself in danger to help someone can make the situation worse.

Pause First



- Always pause for a moment before approaching an emergency and look for obvious hazards.
- Consider the possibility of hidden dangers.
- If the scene is unsafe, do not approach.
- If the location you are already in becomes unsafe, get out!

Core Learning Objectives

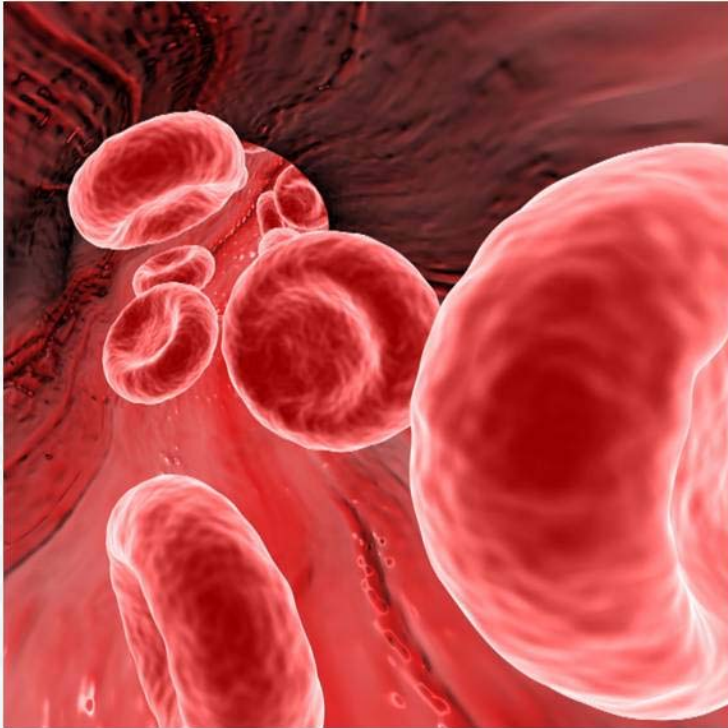
- Upon completion of this training program, a student will be able to explain the importance of Universal Precautions and using protective barriers.
- Upon completion of this training program, a student will be able to correctly demonstrate the removal of contaminated gloves.

Disease Transmission



- When caring for someone, a provider can be exposed to blood or other potentially infectious body fluids.
- While the risk of contracting a disease is extremely low, it is prudent to take simple measures to avoid exposure in the first place.

Bloodborne Diseases



- Infectious bloodborne diseases include the following:
 - Hepatitis B
 - Hepatitis C
 - HIV, the virus that causes AIDS



Exposure



- Exposure can occur through the direct contact of infectious material, such as the following:
 - An open wound or sore
 - Through the mucous membranes of the mouth, nose, and eyes
 - Through a skin puncture with a contaminated, sharp object

Universal Precautions



- Reducing exposure lowers the chance of infection.
- “Universal Precautions” is an approach that recommends handling all blood and other body substances as if they are infectious.
- To be effective, the approach is the same for everyone.

Disposable Gloves



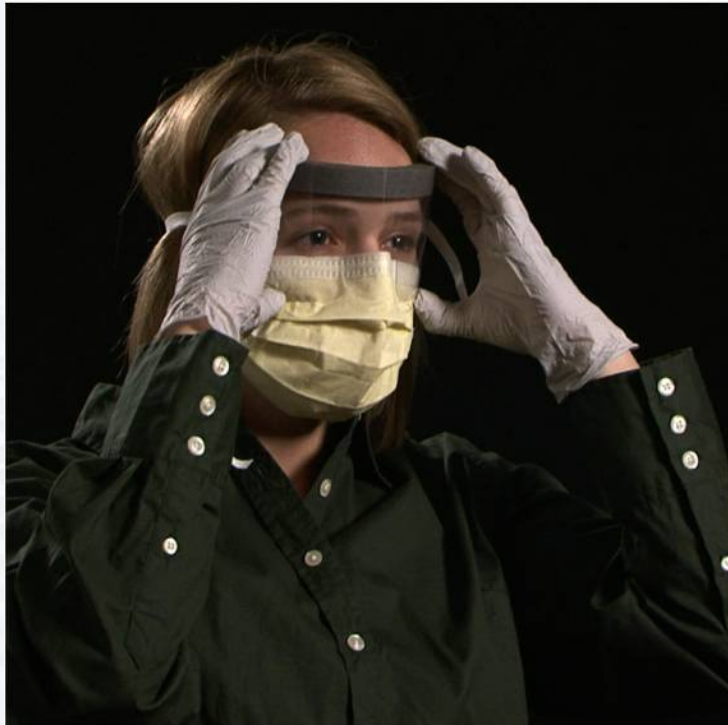
- Disposable gloves are the most commonly-used barrier. Make sure there are always gloves in your first aid kit.
- Inspect gloves for damage or tears when putting them on.
- If damaged, replace them immediately.
- Always remove contaminated gloves carefully.

CPR Mask or Shield



- If a person requires rescue breaths, use a shield or CPR mask with a one-way valve to minimize direct mouth-to-mouth contact.

Face Shield



- A face shield can prevent mouth, nose, and eye exposure when there is a possibility of splashing or spraying.



Improvised Barriers



- If a provider doesn't have personal protective equipment during a first aid situation, she can improvise.
- A towel, plastic bag, or some other barrier can help avoid direct contact.

No Barriers



- A provider may elect to not use barriers, depending on her relationship to the person and knowledge of the person's health status.

Emergency Medical Services (EMS)



- Emergency Medical Services, or EMS, describes the emergency medical response system developed within a community.
- An EMS system typically uses a specialized emergency communication network to gather information and dispatch appropriate emergency resources.

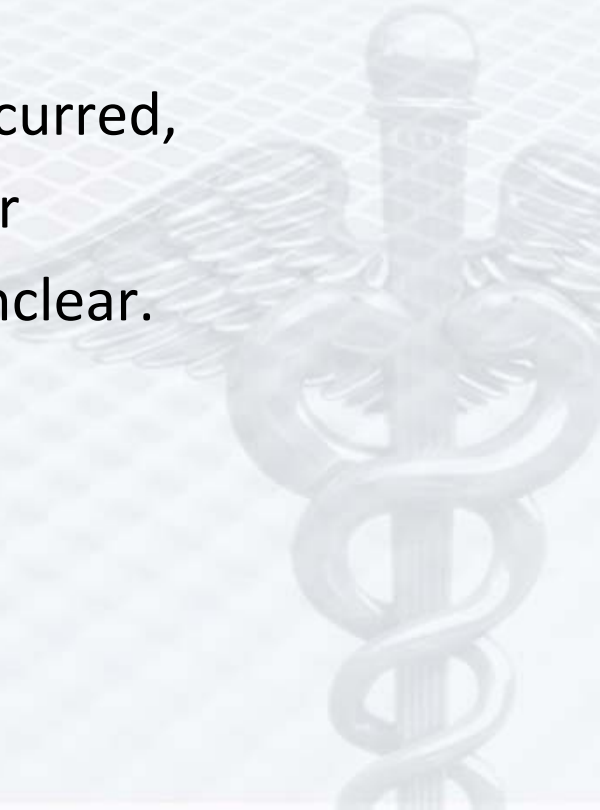
EMS Providers



- EMS providers within the system do the following:
 - Respond directly to emergency scenes
 - Provide emergency medical care
 - Transport ill or injured people to a hospital

When to Activate?

- One of the responsibilities of a trained provider is to activate the EMS system in an emergency.
- Immediate EMS activation is recommended when:
 - A person is unresponsive,
 - A significant mechanism of injury has occurred,
 - A warning sign of serious illness exists, or
 - The severity of a person's condition is unclear.



Activating EMS



- Activating EMS usually consists of calling an easy to remember universal emergency telephone number, such as 911.
- Ideally, one person should call EMS while another person cares for the ill or injured person.

EMS Dispatcher

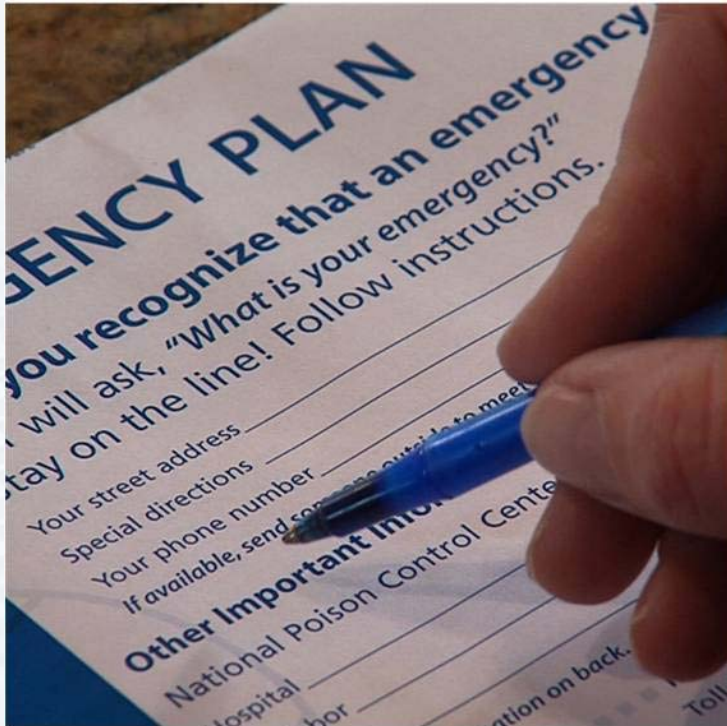


- An EMS dispatcher will answer the call. The dispatcher will ask for basic information:
 - Type of emergency
 - Location
 - The number and conditions of those who are ill or injured
 - What care is being provided
- Answer the questions as clearly as possible.
- Only hang up if directed to.

Emergency Action Plans (EAP)

- In the United States, the OSHA regulations require employers to have an Emergency Action Plan (EAP) in writing, kept in the workplace, and available to employees.
- In a typical workplace, the EAP should contain specific procedures on the following:
 - How designated first aid providers are notified to respond
 - What is expected of workplace providers when they respond
 - How to activate EMS from the worksite
 - How to efficiently help EMS get to an ill or injured person
- It is important to become familiar with the proper emergency response procedure in your workplace.

Emergency Planning at Home



- The majority of medical emergencies occur at home, so it is also smart to develop a personal emergency response plan for your home and review it frequently with members of your household.