

Risk A/T[®] Work



Risk A/T[®] Work is a forum dedicated to sharing safety and loss control tips with our brokers and insureds. **Risk A/T[®]** is our proprietary risk management approach promoting informed risk analysis based on two behavioral factors — **A**ptitude and **T**olerance.

First Aid Kits In The Workplace: Preventing Minor Injuries From Becoming Major Issues

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By maintaining appropriate first aid kits in the workplace, employers are creating a safer work environment for employees. First aid kits are the first line of defense for injuries in the workplace. In a medical emergency, a well-stocked first aid kit can help to reduce injury and save lives, while an inadequately stocked kit may not.

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First Aid Kit Classes

The American National Standard Institute (ANSI) establishes minimum performance requirements for first aid kits and the supplies that are intended for use in various work environments and situations. The ANSI identifies two classes of first aid kits:

- **Class A:** Designed to deal with the most common types of workplace injuries such as cuts, abrasions and minor burns. The kit should include adhesive bandages and tape, topical antibiotic application, antiseptic, breathing barrier, burn dressing, burn treatment, cold pack, eye covering, first aid guide, hand sanitizer, medical exam gloves, eye/skin wash, roller bandage, scissors, sterile pads, trauma pads, and triangular bandages.

- **Class B:** Designed with a broader range and quantity of first aid supplies to deal with injuries in high-risk environments such as construction sites, warehouses, or large manufacturing facilities. In addition to the supplies in the Class A kit, these kits include a splint and a tourniquet.

The minimum requirements for workplace first aid kits and supplies are outlined in [ANSI Z308.1-2021](#).

You can determine your organization's need for additional supplies by reviewing the Occupational Safety and Health Administration's (OSHA) [Standard 1910.266 Appendix A](#).

First Aid Kit Maintenance and Training

First aid kits should be inspected on a regular basis to ensure that all necessary supplies are available and in good condition. Any supplies that are expired or damaged should be replaced immediately. First aid kits should be placed in locations that are easily accessible to ensure quick access when needed. As cited above, first aid kits should be customized to meet the environment and specific hazards.

Employee training on the use of first aid kits is recommended as part of a worker safety program so when the need arises first aid can be administered appropriately. The degree of training may vary depending on the workplace, the risks associated with job functions, and the safety equipment being used. Training programs should also be refined to coincide with any updates to OSHA or ANSI standards.



FIRST AID



By introducing a formal first aid plan and maintaining well stocked first aid kit, you are taking an important step to protecting your employees.

First Aid Kit Inventory for Unique Exposures

Depending upon the work being done and the workspace, additional supplies should supplement the first aid kit. For example, high occupancy buildings, schools, health clubs or dentist offices that administer anesthesia should consider adding defibrillators, while landscapers might include topical solutions specific to the treatment of insect bites and poison ivy.

Another item to consider adding to a first aid kit is Naloxone, or as it is more commonly known, Narcan. This nasal spray can be purchased over-the-counter and is used to quickly restore normal breathing in case of an opioid overdose. While there is no federal requirement to include Narcan in first aid kits, some industries, such as construction, endorse the inclusion in response to growing opioid concerns.

When An Injury Occurs

While we all strive to minimize workplace injury, accidents can and will happen. When the need for a first aid kit becomes necessary, the following steps should be taken:

- Wash or sanitize your hands and put on gloves before any physical contact is made with the injured party or supplies in the first aid kit.

- Assess the injury and call 911 (if the injury/situation warrants).
- For cuts and abrasions, clean the wound with appropriate antiseptic, apply gauze and secure with adhesive tape or bandages.
- For bone, muscle, and joint injuries:
 - Sprains: Immediately ice the injury and then wrap the injured area with an elastic bandage
 - Fractures: Immobilize the injured area using splints, slings, etc. and keep the injured party comfortable until further medical attention can be administered
 - Spinal Injuries: If a spinal injury is suspected protect the victim from turning or bending until emergency personnel arrive to evaluate and treat the injury

We Are Here To Help

Maintaining first aid kits in the workplace is not only essential for employee safety but also a critical component of OSHA compliance. By introducing a formal first aid plan and maintaining well stocked first aid kit, you are taking an important step to protecting your employees. Please reach out to your Sompo International Risk Control Specialist or contact us at +1 877 667 5733 or RiskControlQuestions@sompo-intl.com for more information.

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