

First Aid Kits and Inspections

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Why is it important that there are first aid attendants on site?

When an injury occurs, the first aid attendant can assist the worker immediately. The first aid attendant is trained to:

- Maintain a calm demeanor and take control of the situation.
- Assess for hazards before providing first aid.
- Call 911 for assistance (if needed).
- Know where your first aid kits are located.
- Use first aid kit and appropriate PPE.
- Aid the injured worker until emergency response personnel arrive.



Things Everyone Should Know

It is important that everyone knows what to do when someone gets hurt at work:

1. Review company policy/procedure (emergency response plan)
 - Review the roles and expectations of staff during an injury.
2. Contact/location of first aid attendant (first aider).
 - Where is the list of first aid attendants posted?
 - Identify who you work with that has first aid training.
3. Location of AED and first aid kit
 - Where is the equipment located?
 - Is equipment mobile (can the kits be moved or do supplies need to be taken out individually)?
4. How to contact emergency responders (911)
 - What is the number for emergency responders in your location?
 - Are cell phones, landlines, or radios available?
5. Location of workplace?
 - Address
 - Land Location (Quarter Section – Section – Township – Range – Meridian)
 - Green/blue Marker Number- Road Number- Direction

Legislation

The number of kits and people trained in first aid will depend on the size of your workplace, the type of work you do and the distance your workplace is from a medical facility.



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Phone: 204-632-6600 | Email: info@rpmsafety.ca | Web: www.rpmsafety.ca

Address: 25 Bunting Street Winnipeg, MB R2X 2P5

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First Aid Kit Inspection

The employer shall inspect every first aid station regularly (at least monthly). An inspection should include the following:

- First aid kits are kept in high-visibility locations.
- The locations signs are clearly marked.
- The area is free of debris and obstructions.
- Check the exterior of the kit for signs of damage.
- Locate the inventory list to determine if anything is missing from the first aid kit.
- Look for the expiration date on individual materials.
- If any materials are damaged, expired or missing ensure they are properly disposed of and replaced.

A first aid kit in proper working order is a must in an emergency situation. [CLICK HERE](#) for a video walk-through to learn how to inspect your first aid kit.



Looking for more information? RPM can help!

RPM offers a number of courses to help support your OHS plan. If this article was valuable to you or others at your organization, you may want to consider the following:

- **Workplace Inspection Training:** This course will give people the opportunity to explain the requirements and the purpose(s) of a workplace inspection, know what you're looking for and how to identify a hazard, the process of what to do when there are inspection findings, and understand the process for implementing corrective actions and how to monitor and identify trends.

- **Hazard Identification and Risk Control:** Recognizing what could injure workers on the job is the first step to ensuring that they stay safe. A proactive approach to the mitigation of workplace hazards greatly increases the chance of less severe and lower rates of injury. This course will provide students with the practical knowledge necessary to identify, assess and control the hazardous elements of their workplace so they can do their part in preventing dangerous incidents.
- **Emergency First Aid: CPR Level C and AED:** This first-aid and cardiopulmonary resuscitation (CPR) course provides the skills needed to recognize and respond to cardiovascular emergencies and choking for Adults, Children and Infants. This course, is provided by RPM Safety and is suitable for workplace requirements.

Please note RPM courses are offered to RPM registered companies only. Your company must be registered with RPM and be in the process of working towards certification or must have achieved the SAFE Work Manitoba Trucking Certificate of Recognition. Not yet registered in the RPM program? Today is a great day to get started!

Please contact RPM by emailing info@rpmsafety.ca or calling 204-632-6600, or by visiting our website www.rpmsafety.ca

