

# FIRST AID

#### DEFINITION

First-aid in the workplace includes the provision of first-aid facilities, services and personnel required for the initial treatment of persons suffering from injury or illness at a workplace. It is the immediate treatment or care given to a victim of an accident or sudden illness before qualified health personnel attend to provide treatment.

## AIMS OF FIRST AID

- Preserve life;
- Prevent illness or injury from becoming worse;
- Reduce pain;
- Promote recovery; and
- Care of unconscious.

#### MAJOR COMPONENTS

- First aider
- First-aid box;
- First-aid room; and
- First-aid equipment, e.g. oxygen tanks and stretchers

#### FACTORS TO CONSIDER

- Type of industry
- Number of workers
- Number of work shifts
- Location of workplace and status of infrastructure in relation to the nearest medical clinic or hospital

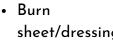
### **RECOMMENDED CONTENTS OF FIRST AID BOX**



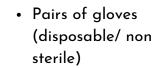
- 5 Triangular bandages 130cm x 90cm x 90cm
- Stainless steel bandage scissors
- Elastic bandage
- 4 Roller bandages 7.5 cm
- 4 Roller bandages 3 cm.
- 4 Roller bandages 2.5 cm



 Cold pack compress gel



sheet/dressina



 Cetavlon Alcohol prep cetavlon pads



- Barrier device for CPR (pocket mask, face shield)
- Thermometer
- Waterproof waste bag





- Non-sterile 4x4<sup>"</sup> gauze pads
- Sterile 4x4" gauze pads
- Sterile 10x10" gauze pads



- Sterile eye pads
- Elastoplasts/sterile adhesive dressing

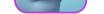






- Adhesive tape
- Cotton buds
- Safety pin for
  - triangular bandages
- Sterile multi-

trauma dressing/gauze





 First aid manual Inventory of box contents (checklist)



 Additional relevant item - example : HF antidote gel



#### **REFERENCES**

Guidelines on First Aid in the Workplace (2nd Edition) Department of Occupational Safety and Health (DOSH) Malaysia.