

# 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



- Non-sterile 4x4" gauze pads
- Sterile 4x4" gauze pads
- Sterile 10x10" gauze pads



- Sterile eye pads
- Elastoplasts/sterile adhesive dressing



- Cold pack compress gel



- Burn sheet/dressing



- Pairs of gloves (disposable/ non sterile)



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



- Sterile multi-trauma dressing/gauze



- Cetavlon
- Alcohol prep pads



- Barrier device for CPR (pocket mask, face shield)



- Thermometer
- Waterproof waste bag



- First aid manual
- Inventory of box contents (checklist)



- Additional relevant item - example : HF antidote gel