

TerranearPMC Safety Share

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Week of August 28, 2019 – First Aid Kits

In the field, first aid kits are a mandatory item; whether for camping or performing work in remote locations. Many times, we will search the internet, looking for the right type of kit, only to find ourselves faced with the insurmountable task of choosing between so many varieties of first aid supplies that deciding has become a surprisingly, if not complicated, task.

So, there we are; looking at a vendor website trying to pick a first aid kit that will meet the needs of our projects. So, what are we really looking for? What items should be in a first aid kit? Many times, we might see an advertisement that claims their kit is “OSHA APPROVED.” Let the buyer beware as there is no such product for which OSHA approves anything. OSHA may require that an item meet certain specifications or performance criteria. For instance, safety glasses. While OSHA does not “approve” any type of safety glass class per model or manufacturer, OSHA does require that safety glasses meet certain specifications based on established testing. For safety glasses, the OSHA regulation for eye and face protection (29 CFR 1910.133) does specify that eye and face protection items meet the testing criteria established by the American National Standards Institute (ANSI) – specifically ANSI Z-87.1.

For first aid kits the OSHA regulation 29 CFR 1910.151, discusses the necessity of having a first aid kit available. The specific language is:

“In the absence of an infirmary, clinic, or hospital in near proximity to the workplace which is used for the treatment of all injured employees, a person or persons shall be adequately trained to render first aid. Adequate first aid supplies shall be readily available.”

The following paragraph specifies the need for having emergency supplies for flushing eyes:

“Where the eyes or body of any person may be exposed to injurious corrosive materials, suitable facilities for quick drenching or flushing of the eyes and body shall be provided within the work area for immediate emergency use.”

The specific items that should be included in a first aid kit are identified in the ANSI standard, Z308.1, “Minimum Requirements for Workplace First-aid Kits.” OSHA references this in the Appendix A of 29 CFR 1910.151. However, this section is prefaced as “Non-Mandatory.” OSHA’s basic requirement for first aid kits is stated as:

“The contents of the kit listed in the ANSI standard should be adequate for small worksites. When larger operations or multiple operations are being conducted at the same location, employers should determine the need for additional first aid kits at the worksite, additional types of first aid equipment and supplies and additional quantities and types of supplies and equipment in the first aid kits.”

However, when working at a site that is under the jurisdiction of the Department of Defense, such as work for the Army Corps of Engineers, the S&H reference document, EM 385-1-1, *Safety and Health Requirements Manual* (Section 03.B),” requires that first aid kits need to conform to ANSI 308.1.

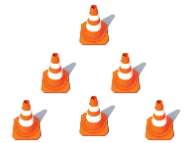


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ANSI Z308.1 lists the minimum requirements of first aid kits and is presented below:

Note that there are two classes of first aid kits: Class A and Class B. Class A kits are designed to deal with the most common types of workplace injuries. Class B kits are designed with a broader range and quantity of supplies to deal with injuries in more complex or high-risk environments.

First Aid Supply	Minimum Quantity	
	Class A Kits	Class B Kits
Adhesive Bandage	16	50
Adhesive Tape	1	2
Antibiotic Application	10	25
Antiseptic	10	50
Breathing Barrier	1	1
Burn Dressing (gel soaked)	1	2
Burn Treatment	10	25
Cold Pack	1	2
Eye Covering, with means of attachment	2	2
Eye/Skin Wash		
	1 fl oz total	
		4 fl. oz total
First Aid Guide	1	1
Hand Sanitizer	6	10
Medical Exam Gloves	2 pair	4 pair
Roller Bandage		
2 inch	1	2
4 inch	0	1
Scissors	1	1
Splint	0	1
Sterile pad	2	4
Tourniquet	0	1
Trauma pad	2	4
Triangular Bandage	1	2



These are minimum requirements and depending on the specific environment and work to be performed, other supplies as well as revised quantities may be necessary. For example, having hemostatic agents – a material that helps with blood clotting – may be important for very deep lacerations where a tourniquet cannot be applied (head and torso region) or simple direct pressure and gauze pads may not be effective, or having liquid bandage materials to help cover wounds and assist with quick healing, or medicated scrub for contact with poisonous plants.



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Other things that need to be considered are understanding which persons in your group have allergic reactions to insect bites/stings. Thus, having an epinephrine pin available can be a life-saving device (of course this item is not an OTC article and must be prescribed by a medical professional).

Another important consideration is having emergency contacts and knowing the location of the nearest medical facility. This requires knowing the hours-of-operation. By merely finding a medical clinic in town and not following up to determine their if they are closed on weekends or after hours can be a regrettable oversight.

If we're growing, we're always going to be out of our comfort zone — John Maxwell (American Author)

