

How Important is First Aid in the Workplace?



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Most often than not, when you inspect a first aid kit, you will see the usual bandages, ointments, and medicine. These items can be helpful but only up to a certain extent. Your company needs to take a second look at how well equipped you are in terms of facility and training. [The WHS Act stipulates measures and guidelines](#) on what should be inside your workplace's first aid kit.

It is alarming to note that [almost 5% of the country's GDP is spent annually on work-related injuries and diseases](#) in Australia. The WHS furthermore discuss the importance of first aid and relevant training that encompass not only the personnel but others that may be affected as well. This includes visitors and customers.

Here are some of the important things to [gauge your First Aid preparedness](#).

The Kind of First Aid equipment and training required depends on:

- The number of employees
- The types of threats and hazards present at the workplace
- The amount of time needed to get to a hospital/ specialized medical aid facility

It actually does not end here. It is also required to measure the **amount of time consumed** for reporting injuries and the details that are needed to be reported.

Ideally, a company operating as a Low-Risk environment should have at least one first aid professional for every fifty employees. High-Risk workplaces must have at least one for every twenty-five.

First Aid in a Workplace

Only first aid qualified personnel should assist a victim. An untrained employee administering first aid may cause more damage than help. It is, therefore, imperative that a point person is trained and well equipped with relevant knowledge.

Drills are an essential part of any business operation - this preparatory act can actually **save more lives and prevent further damage** if followed correctly. As such, employees should know how to act and respond during an injury or emergency situation. In terms of first aid, employees should recognise the following:

- **Processes to be observed** when first aid is necessary. Employees should know **who to call** for help, **how to report** the incident, and **how to reach for help**.
- The location of the **first aid room and/or first aid kit(s)**. The workplace should have a **strategic location** for these facilities and equipment. It is best to have them in conspicuous areas.
- The location of the **nearest medical facilities**. The name, address, operating hours, and telephone numbers should be listed and posted accordingly.
- The location of the **list of first aid attendants** which directs where to find the attendant or a telephone number. This list must also include the hierarchy of sorts, like whom to call first, second, and any other person or entity that are related to any given emergency.

Knowing the Workplace

The company's **first aid facility and emergency requirements bank on the work orientation**. A coal mine can have a totally different methodology and process as compared to that of a regular office. The kind of training may also vary as deemed suitable. Your first aid and emergency strategy needs to take into consideration the following factors:

- **Chemicals** that, upon ingestion or exposure, may necessitate a definite structure of treatment procedures, emergency eye-wash stations or showers, or an antidote.
- **Controlling the crowd**. Study the general area and its **surrounding infrastructures** like schools, retail stores and parks. How will these institutions react should there be an emergency in your place? It is essential to know their traffic and precautionary measures, as well.
- Ensure extra care for people with **special needs**. Take into full account how to handle persons with disabilities, known medical conditions, and sensitive age groups like children and the elderly.
- Employees who work alone. This type of employees must be given **full orientation** on first aid.

- Assessing the **proximity of the nearest medical facility**. What mode of transportation is needed to transport an injured person? Include in this agenda the personnel who will accompany them.

The Anatomy of a First Aid Kit

You can efficiently design the position of items and tools inside your first aid kit. The seconds spent to locate a proper piece of equipment can actually make the difference between **life and death**. Every workplace needs adequate first aid supplies readily available.

The minimum standard content of a first aid kit are:

- Absorbent compress
- Adhesive bandages and tape
- Single-use antiseptics
- Burn treatment applications
- Sterile pads
- Triangular bandage
- Medical gloves

The **First Aid kit contents must be examined regularly** and items past the expiration date disposed of accordingly. As earlier mentioned, different industries require a corresponding approach to first aid.

In some instances, Color coding the first aid cases is inevitable for an efficient deployment. Here are the guidelines on the requirements for indoor and outdoor kits:

- Standardization of the sizes of cases
- Unit packaging, including colour coding
- Specifications for the most commonly used items
- The arrangement of first aid materials for easy identification, removal, and replacement

All **First Aid kits must be kept in a conspicuous and marked location**. Each complete first aid kits should contain the proper information typed in a readable font.

The inside of the kits should have enough space in between every item for easy access. Employees need to know exactly where each item is located.

Another alternative to consider is to contract a medical supply company. These companies do not only replenish your first aid kits to guarantee there are always sufficient supplies, but they help control what types and quantities of items should be in them.

AlSCO can help you better understand how to make your workplace first aid compliant with WHS requirements. Our [professional staff are on standby](#) to answer your inquiry. We are dedicated to providing you with a dependable and autonomous assessment of the first aid status of your company.

Here's a [free collection of first aid guides and resources](#) to help you with first aid and WHS compliance.



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