



# SafetyAlert

We're Serious About Safety

## First Aid and CPR Requirements

Sudden injuries or illnesses, some of which may be life-threatening, occur at work. The OSHA First Aid standard (29 CFR 1910.151) requires trained, first aid providers at all workplaces of any size if there is no "infirmary, clinic, or hospital in near proximity to the workplace which is used for the treatment of all injured employees."

In addition to first aid requirements of 29 CFR 1910.151, several OSHA standards also require training in cardiopulmonary resuscitation (CPR) because sudden cardiac arrest from asphyxiation, electrocution, or exertion may occur. CPR may keep the victim alive until EMS arrives to provide the next level of medical care.

### OSHA Standards that require CPR Training

- 1910.146 Permit-required Confined Spaces
- 1910.266 Appendix B: Logging Operations – First Aid and CPR Training
- 1910.269 Electric Power Generation, Transmission, and Distribution
- 1910.410 Qualifications of Dive Team
- 1926.950 Construction Subpart V, Power Transmission and Distribution

### First Aid

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. If an employee is expected to render first aid as part of his or her job duties, the employee is covered by the requirements of the Occupational Exposure to Bloodborne Pathogens standard (29 CFR 1910.1030). This standard includes specific training requirements.

For more information, visit the OSHA website:  
<https://www.osha.gov/Publications/OSHA3317first-aid.pdf>



### First Aid Supplies

A specific example of the minimal contents of a workplace first aid kit is described in American National Standards Institute ANSI Z308.1 - 2003, Minimum Requirements for Workplace First Aid Kits. The kits described are suitable for small businesses. For large operations, employers should determine how many first aid kits are needed, and if it is appropriate to augment the kits with additional first aid equipment and supplies.

### Program Update

The first aid program should be reviewed periodically to determine if it continues to address the needs of the specific workplace. Training, supplies, equipment and first aid policies should be added or modified to account for changes in workplace safety and health hazards, worksite locations and worker schedules since the last program review. The first aid training program should be kept up to date with current first aid techniques and knowledge. Outdated training and reference materials should be replaced or removed.



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