

According to the National Safety Council, sudden cardiac arrest represents approximately thirteen percent (13%) of all workplace deaths. Preliminary data from the Bureau of Labor Statistics shows eighty-three (83) fatalities in the Educational Services sector for 2014.

Knowing how to provide basic first aid, cardiopulmonary resuscitation (CPR), and how to use an automated external defibrillator (AED) could be the difference between life and death for you or a co-worker. First aid training helps save lives – it's that simple.

Note that Cal-OSHA requires employers to provide medical and first aid personnel and supplies commensurate with the hazards of the workplace (<http://www.dir.ca.gov/Title8/3400.html>). In the absence of a nearby hospital or clinic, a person or persons have to be adequately trained to render first aid to injured employees. Adequate first aid supplies have to be readily available.

Goals of First Aid

- Keeping the victim alive.
- Preventing the victim's condition from getting worse.
- Ensuring the victim receives proper medical care.

NOTE: Do not offer or give medication such as analgesics (e.g., aspirin or acetaminophen) to the victim.



Be Prepared

- Know what to do in an emergency.
- Plan ahead and be prepared for injuries and emergencies. A first aid situation can occur anytime, anywhere.

What I Can Do...

- Keep emergency numbers handy.
- Keep first aid kits well-stocked.
- Follow all safety manuals, best practices, and standard operating procedures (SOP).
- Identify hazards and correct them if possible. In the workplace, notify your supervisor to initiate corrective action.
- Become trained in Basic First Aid, CPR, and AED.

- A personal first aid kit is highly recommended. It includes supplies like bandages, tape, and scissors. Keep one kit in the home and one in the car. Know where first aid kits are in the workplace. Ensure that they are well-stocked.
- Keep a mobile phone available.
- Keep emergency phone numbers (e.g., DPS, Poison Control Center, and other agencies) easily accessible. At USC, dial 213-740-4321 for all emergencies.

Basic First Aid Training

Among those organizations that provide Basic First Aid and CPR training are:

- American Red Cross
- American Heart Association
- National Safety Council
- Specialized Services of Southern California

References

<http://www.nsc.org/learn/Safety-Training/Pages/first-aid-training.aspx>

http://www.bls.gov/iag/tgs/iag61.htm#fatalities_injuries_and_illnesses